



Treasures of Healthy Living Bible Study

By Annette Reeder

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Paperback. 408 pages. Dimensions: 9.2in. x 7.4in. x 0.9in. Updated Edition May 2014! Now with more biblical insight into the diets of today. Are you confused about Paleo, Wheat Belly, and other fad diets of our time? Learn for yourself how simple it can be to open God's Word and read His plan for health. Be renewed, refreshed and reinvigorated as you discover what the Bible says about healthy living. Think of God's Word as a treasure map that leads straight to the healthy life you've always dreamed of. It reveals how you can move from a sickly, lackluster life to one that is full of energy and hope. This practical Bible study will reveal the truth about the foods you eat and provide simple tools to begin improving your physical, emotional, and spiritual health. You won't believe how much your life can change when you grab hold of the treasures God has provided for you. In this Bible study, you will: Discover the basics of nutrition to build a firm foundation for your health. Obtain the tools you need to evaluate and improve your health. Examine the harmful effects of altered food and household...



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