

Healthy Habits

**A week-by-week guide to 52 simple habits
that will change your life!**

Are you looking to feel healthier, increase your energy levels or reach a more optimum body weight?

In the forthcoming book, *Healthy Habits: 52 Ways to Better Health* (Rockpool Publishing \$29.99), Dr Cris Beer provides readers with an effective 'one-habit-a-week' approach to help achieve long lasting health. These simple yet effective habits lead to good health, lots of energy, and optimum body weight. Dr Cris says that the simpler you keep things, the more likely you are to stick with any changes you make. Some of the habits she recommends include:

- Eating by the 80/20 rule & reducing mindless eating
- Breaking negative thought patterns
- Learning how to boost your immunity & metabolism
- Strengthening your core & keeping your brain healthy
- Balancing your sex hormones & boosting your happy hormones
- Understanding nutrition & why you need to laugh more

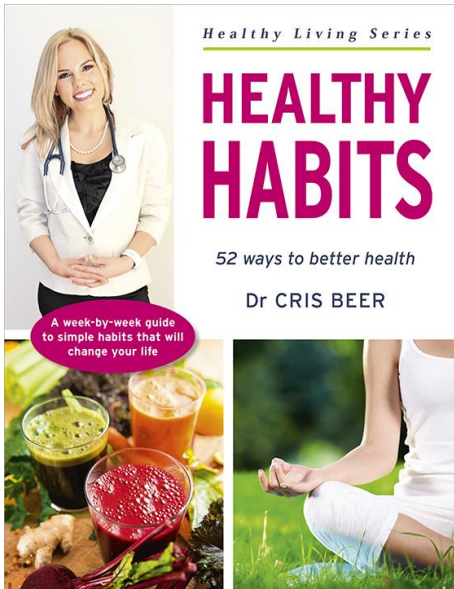
Packed with accessible, easy to implement week-by-week advice, *Healthy Habits: 52 Ways to Better Health* provides you with the framework to achieve the long lasting health that you and your body deserve!

Additional Information

- Supported by evidence-based research, the no-fuss tips are easy to implement into our everyday lives
- Second book in the 'Healthy Living' series, following the release of 'Healthy Body' earlier this year
- Author is excellent media talent and extracts are available

About the Author

As an expert in nutritional medicine, Dr Cris specialises not just in the prevention and treatment of illnesses, but in the attaining of optimum health. By employing simple lifestyle and holistic medicine strategies, Dr Cris believes that restoration of health and vitality can be achieved by anyone. Dr Cris holds qualifications in medicine, biomedical science, integrative and nutritional medicine, health coaching, as well as personal fitness training. She was the health consultant for The Biggest Loser Retreat and is a sought after media commentator. She currently practises at The Medical Sanctuary on the Gold Coast as a registered medical doctor helping patients every day. For more information go to www.drcri.com.au



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