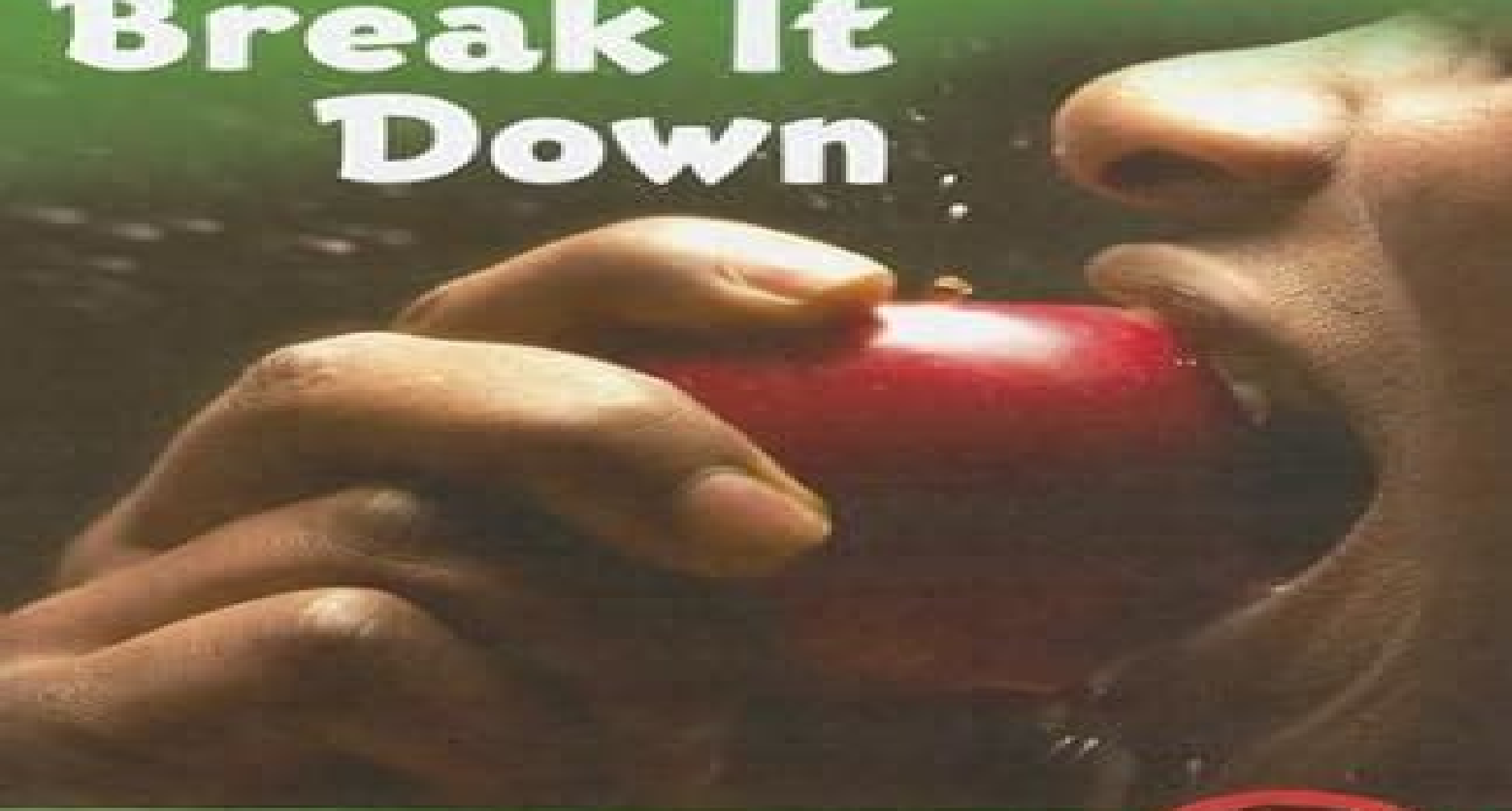


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Break It Down Steve Parker,2006-11-14 This series offers essential curriculum support for struggling readers on the topic of the human body and how it works Amazing facts and statistics are used throughout along with stories and photos that link to the content Readers are encouraged to think about their own bodies as they read to connect with the subject matter and make it relevant for them **The Digestive System** Carol Ballard,2009-07-01 Discusses the digestive system including the different organs and how they work together to digest food and explains various illnesses that affect the digestive system *Move Your Body* Steve Parker,2006 Explains how bones and muscles work together to move the body

The Body Talks Judy Cole,2004-08 This indispensable companion to the Diet Programme *Heal Your Weight* is a comprehensive A Z of food facts that Judy is consistently asked about which covers many of those conflicting opinions about foods over the past few years Response so far to this book has been that it is fascinating and sometimes shocking reading that everyone must be aware of if they are ever to be able to negotiate the nutritional maze of current nutrition This is combined with a 90 day diet programme diary As you follow The Body Talks Programme during the first three months you will notice the pattern of detox that is described in *Heal Your Weight* It is a fascinating journey and by recording it in this diary you will see the patterns emerge and learn deeply what works for you and what doesn't This book is therefore the direct result of the body's teachings on how and what we need to eat to be healthy The information has come directly from asking the body through personal experience and successful results Judy's reputation as a ground breaking gifted healer is drawing clients from all over the world including the USA Canada Germany France the Far East South Africa and Australia Five years ago many of the premises of The Body Talks Programme were revolutionary and went against most of the accepted nutritional rules of the past two decades The results spoke for themselves as did the basic common sense of the information the body revealed The programme is a return to nature to good sense to balanced simple eating It is firmly based in the realities of busy modern life *Pump It Up* Steve Parker,2006 Find out how your heart lungs and blood work together to keep you alive *Defend Yourself* Steve Parker,2006 Explains how the human body manages to fight disease and keep healthy *Control Freak* Steve Parker,2006 Take a new look at the human body Find out how your body's control systems work and how you can affect them Using interesting photos and facts this book will really make you think about your body and the amazing things that go on inside you every second You'll never feel the same way about yourself **In Your Genes** Steve Parker,2006 Take a new look at the human body Find out how unique your body is and how your genes affect you Using interesting photos and facts this book will really make you think about your body and the amazing things that go on inside you every second You'll never feel the same way about yourself **Understanding the Body Language** Ed Portley Jr,2014-01-12 The human body is very intelligent It tells us when there is a problem by causing pain and dis ease I believe the body also tells us the exact cause of the pain so we can identify the cause acknowledge it and ultimately eliminate the

problem condition syndrome or dis ease This book will teach you how to discover the root cause of your own dis ease by using the information gleaned from Chinese medicine and the chakras My next book will teach you how to help yourself reduce or eliminate your pain using techniques based on philosophies that have been around for over 4000 years **Body Talk** Katie Sturino, 2021-05-25 Learn to love yourself and your body with this interactive guide from the shame free fun cheerful and no nonsense Bustle body acceptance advocate and influencer who founded Megababe beauty Brilliant hilarious adorably illustrated Goop Can you imagine how much free time you d have if you didn t spend so much of it body shaming yourself Katie Sturino knows all too well what it s like to shit talk yourself She spent thirty years of her life feeling ashamed of her body and its self determined wrongness Now she doesn t care what anyone thinks of her she only cares that she s happy and comfortable with herself Body positivity and size inclusivity is still a relatively new phenomenon but Sturino has dedicated her life to unlearning all that beauty standard BS and uses her blog Instagram podcast and non toxic solution oriented beauty products to share the message that changed her life YOUR BODY IS NOT THE PROBLEM With Body Talk an illustrated guide meets workbook Sturino is here to help you stop obsessing about your body issues focus on self love and free up space in your brain for creative and productive energy Complete with empowering affirmations relatable anecdotes and actionable takeaways as well as space to answer prompts and jot down feelings and inspirations Body Talk encourages you to spend less time thinking about how you look and what you eat and more time discovering your inner fierceness

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