



21 Daily Habits for Healthy Women: Prevent Heart Attack, Lose Weight, and Regain Confidence

By Dr. Arcoma González Lambert

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Dr. Arcoma Gonzalez Lambert, practiced as a licensed naturopathic doctor for almost ten years. She takes you by the hand and leads you through the process of changing little behaviors every day, in small achievable ways, which will affect the total outcome of your health. She answers the pertinent questions so that you feel confident making changes, assessing the success of the changes, and what the outcome should be. She is like having a best friend who is hand-in-hand helping through the process. The 21 daily habits are presented in a BODY POSITIVE model. This allows you to know what the benefits of each change are before you undertake them. It gives you confidence in the changes you will see in your wellbeing.

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Editorial Review

About the Author

Dr. González Lambert is an internationally recognized authority on the avoidable causes of illness, particularly nutritional deficiencies, hormone imbalances, and unknowing exposures to industrial pollutants in air, water, the workplace (heavy metal exposures), and consumer products. After finding the true cause of the illness, she is particularly adept at dietary, nutritional, exercise, and rehabilitation using the strengths of clinical naturopathic medicine. She has been an experienced physician in her multi-disciplinary clinic for almost ten years. Dr. Arcoma González Lambert is an alumni of the National College of Natural Medicine. She has been published Naturopathic Doctors Updates for many years, including many on heart related illnesses, and authored the article for American Association of Naturopathic Physicians on Hypertension. She has written for a couple years for Naturopathic Doctor News and Review. Dr. González has extensive media experience with: numerous regional and national radio and television programs, including The Cita Con Nelly Show on Univision where her clinic was featured and showcased. More information about Dr. Arcoma González Lambert's work, writing, and blog articles can be found at www.blossominghealth.com

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