



The 30 Day Total Health Makeover: Everything You Need to Do to Change Your Body, Your Health, and Your Life in 30 Amazing Days

By Marilu Henner, Laura Morton

Download now

Read Online ➔

**The 30 Day Total Health Makeover: Everything You Need to Do to Change
Your Body, Your Health, and Your Life in 30 Amazing Days** By Marilu
Henner, Laura Morton

**Are you ready to make a change?
Spend a month with Marilu!**

"Health is not just about weight or appearance, but rather about a much bigger picture. I really believe that you can't be a healthy person unless everything is working together. Your body, your mind, your living space. Live in my world for 30 days and I promise you will feel better."

-- Marilu

⬇ [Download The 30 Day Total Health Makeover: Everything You N ...pdf](#)

📖 [Read Online The 30 Day Total Health Makeover: Everything You ...pdf](#)

The 30 Day Total Health Makeover: Everything You Need to Do to Change Your Body, Your Health, and Your Life in 30 Amazing Days

By Marilu Henner, Laura Morton

The 30 Day Total Health Makeover: Everything You Need to Do to Change Your Body, Your Health, and Your Life in 30 Amazing Days By Marilu Henner, Laura Morton

**Are you ready to make a change?
Spend a month with Marilu!**

"Health is not just about weight or appearance, but rather about a much bigger picture. I really believe that you can't be a healthy person unless everything is working together. Your body, your mind, your living space. Live in my world for 30 days and I promise you will feel better."

-- Marilu

The 30 Day Total Health Makeover: Everything You Need to Do to Change Your Body, Your Health, and Your Life in 30 Amazing Days By Marilu Henner, Laura Morton Bibliography

- Sales Rank: #541881 in Books
- Brand: Henner, Marilu/ Morton, Laura
- Published on: 2001-05-22
- Released on: 2001-05-22
- Original language: English
- Number of items: 1
- Dimensions: 9.13" h x .88" w x 7.38" l, 1.28 pounds
- Binding: Paperback
- 320 pages

 [Download The 30 Day Total Health Makeover: Everything You N ...pdf](#)

 [Read Online The 30 Day Total Health Makeover: Everything You ...pdf](#)

Download and Read Free Online The 30 Day Total Health Makeover: Everything You Need to Do to Change Your Body, Your Health, and Your Life in 30 Amazing Days By Marilu Henner, Laura Morton

Editorial Review

Amazon.com Review

Marilu Henner's bestselling *Total Health Makeover* introduced readers to her B.E.S.T. plan: a lifestyle focused on Balance, Energy, Stamina, and the use of only Toxin-free foods and products. While Henner and her many converts swear by the low-sugar, meat- and dairy-free meals in the makeover, it requires a major amount of effort and advance planning. (For example, if you went searching in your pantry right now, could you find quinoa, bulgur, or Soy Moo?) Many readers urged Henner to simplify things for them. The result is *The 30-Day Total Health Makeover*, with each day's menu and recipes preplanned for you. She even provides the shopping lists and mentions her favorite brands for cereals, soups, salad dressings, sauces, grains, and frozen foods.

Henner's aim, as with the *Total Health Makeover*, is to not only assist you with weight loss (if necessary), but to help you change your relationship with food. "Many of us only think of healthy eating as a polite way of saying we're going to be deprived," she says. "What if you didn't need that sugar and dairy anymore, and actually began to see it as a detriment? What if you had those foods once in a while but learned how to help your body recover from them quickly?"

In addition to the diet (which Henner says has helped her shed--and keep off--more than 40 pounds, and cleared up her once-splotchy complexion), she includes fun, motivational tidbits, including a "spa on a budget" and food and exercise tips. Typos are annoyingly scattered throughout the book, but it's worth overlooking them to absorb Henner's abundant enthusiasm for good health. --*Erica Jorgensen*

About the Author

Marilu Henner is well known for her roles in *Taxi* and *Evening Shade* and her participation in *The Celebrity Apprentice*. She is the author of two other *New York Times* bestselling books, *Marilu Henner's Total Health Makeover* and *Healthy Life Kitchen*. She lives in Los Angeles.

Laura Morton is the coauthor of more than forty books, including twenty *New York Times* bestsellers, and has worked with Joan Lunden, Al Roker, Melissa Etheridge, Susan Lucci, John Maxwell, Danica Patrick, Sandra Lee, Marilu Henner, Justin Bieber, and Duane "Dog" Chapman, among many others. She lives in New York.

Users Review

From reader reviews:

Claudia Weidner:

The book *The 30 Day Total Health Makeover: Everything You Need to Do to Change Your Body, Your Health, and Your Life in 30 Amazing Days* has a lot associated with on it. So when you read this book you

can get a lot of gain. The book was authored by the very famous author. Tom makes some research previous to write this book. This book very easy to read you may get the point easily after scanning this book.

Louise Fulghum:

In this age globalization it is important to someone to receive information. The information will make professionals understand the condition of the world. The health of the world makes the information quicker to share. You can find a lot of personal references to get information example: internet, magazine, book, and soon. You can view that now, a lot of publisher this print many kinds of book. The actual book that recommended for your requirements is The 30 Day Total Health Makeover: Everything You Need to Do to Change Your Body, Your Health, and Your Life in 30 Amazing Days this guide consist a lot of the information from the condition of this world now. That book was represented so why is the world has grown up. The language styles that writer make usage of to explain it is easy to understand. Often the writer made some study when he makes this book. That's why this book ideal all of you.

Marcella Baird:

Do you like reading a publication? Confuse to looking for your best book? Or your book has been rare? Why so many issue for the book? But any kind of people feel that they enjoy to get reading. Some people likes looking at, not only science book but novel and The 30 Day Total Health Makeover: Everything You Need to Do to Change Your Body, Your Health, and Your Life in 30 Amazing Days or even others sources were given expertise for you. After you know how the good a book, you feel would like to read more and more. Science book was created for teacher or even students especially. Those publications are helping them to add their knowledge. In various other case, beside science e-book, any other book likes The 30 Day Total Health Makeover: Everything You Need to Do to Change Your Body, Your Health, and Your Life in 30 Amazing Days to make your spare time considerably more colorful. Many types of book like this one.

Mildred Shaw:

Reading a guide make you to get more knowledge from the jawhorse. You can take knowledge and information coming from a book. Book is published or printed or highlighted from each source this filled update of news. With this modern era like currently, many ways to get information are available for you. From media social just like newspaper, magazines, science e-book, encyclopedia, reference book, new and comic. You can add your understanding by that book. Do you want to spend your spare time to open your book? Or just in search of the The 30 Day Total Health Makeover: Everything You Need to Do to Change Your Body, Your Health, and Your Life in 30 Amazing Days when you required it?

**Download and Read Online The 30 Day Total Health Makeover:
Everything You Need to Do to Change Your Body, Your Health,**

**and Your Life in 30 Amazing Days By Marilu Henner, Laura
Morton #QI4SVLG1FKM**

Read The 30 Day Total Health Makeover: Everything You Need to Do to Change Your Body, Your Health, and Your Life in 30 Amazing Days By Marilu Henner, Laura Morton for online ebook

The 30 Day Total Health Makeover: Everything You Need to Do to Change Your Body, Your Health, and Your Life in 30 Amazing Days By Marilu Henner, Laura Morton Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The 30 Day Total Health Makeover: Everything You Need to Do to Change Your Body, Your Health, and Your Life in 30 Amazing Days By Marilu Henner, Laura Morton books to read online.

Online The 30 Day Total Health Makeover: Everything You Need to Do to Change Your Body, Your Health, and Your Life in 30 Amazing Days By Marilu Henner, Laura Morton ebook PDF download

The 30 Day Total Health Makeover: Everything You Need to Do to Change Your Body, Your Health, and Your Life in 30 Amazing Days By Marilu Henner, Laura Morton Doc

The 30 Day Total Health Makeover: Everything You Need to Do to Change Your Body, Your Health, and Your Life in 30 Amazing Days By Marilu Henner, Laura Morton Mobipocket

The 30 Day Total Health Makeover: Everything You Need to Do to Change Your Body, Your Health, and Your Life in 30 Amazing Days By Marilu Henner, Laura Morton EPub

QI4SVLG1FKM: The 30 Day Total Health Makeover: Everything You Need to Do to Change Your Body, Your Health, and Your Life in 30 Amazing Days By Marilu Henner, Laura Morton