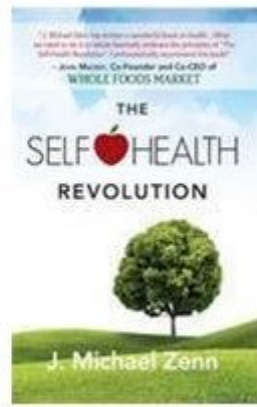
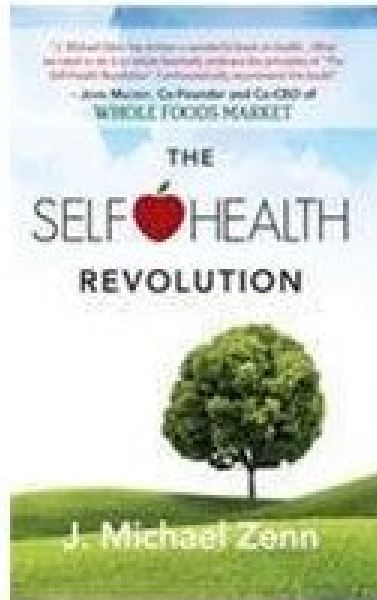


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An incredibly simple, entertaining, common-sense read about why we are getting so sick, tired and fat in America today and how we must take control of our own Self-health now or likely become a statistic ourselves..... Zenn only asks you to start doing 1 thing, 3 times a day for 15 minutes everyday to lose weight, feel more energetic, get rid of aches and pains, avoid chronic illness and ultimately live a long, healthy life..... "J. Michael Zenn has written a wonderful book on health. What we need to do is to wholeheartedly embrace the principals of The Self Health Revolution. I enthusiastically recommend this book!"... John Mackey, Founder and CEO of Whole Foods Market..... "If ever there was a single book anyone interested in his or her health and well being should read without fail, this is it!"... Harvey Diamond, Author of Fit For Life, one the top 25 best-selling books in history

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- 184 pages

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a must read if you love yourself and the planet

By L. Zaner

Short enough to not be overwhelming, but detailed enough to be understood. A must read, and then a must do. Your grandmother was right, you are what you eat. This book made me rethink a lot of things, in the vein of Michael Pollan. You will be excited after reading it, and you will want to remake or at least rethink your eating/living habits. Very well written by an obviously compassionate being. Thank you Michael.

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