



Health Box Set: 28 Prime Stretching Exercises To Relax Your Body And 23 Healthy Steps to Protect Your Immune System With Using Coconut Oil Plus Tips on ... stretching exercises, using coconut oil)

Tina Morgan, Olivia Thomas, Derick Wells, Tom Hastings

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BOOK #1: Relive your Muscles, Relax your Body: 28 Prime Stretches and Exercises to Reduce Lasting, Unconscious Tension in Your Neck and Shoulders

This book contains amazing steps and strategies on how to choose and decorate your small house to make more attractive and cherry. There are 5 chapters in this book present as 'Guide' that clearly shows and guide you about it. You need to read all chapters to make out the secrets and to apply as well.

Here is what you will learn after reading this book:

- Relax your body with messaging
- Relief your muscle by muscle recognition
- Reasons for neck and shoulder pain and stress
- What you have to do in this situation?
- Exercise for neck as well as shoulder pain
- 28 stretches and exercises to reduce tension in your neck and shoulder
- Tips for neck and shoulder tension

BOOK #2: Coconut Oil: 23 Healthy Steps to Protect Your Immune System and Enhance Your Beauty

This book is based on the idea that how you can boost up your immunity system naturally. Here in this book, you will get the step-wise idea that how you can strengthen up your immunity system without taking any sort of medicines.

The basic topics that have been covered in this book embraces:

- Boost up of immunity system: an astounding power of raw unprocessed extra virgin coconut oil
- 23 Healthy steps to protect your immune system & enhance your beauty by using coconut oil
- How does the coconut oil do for the immunity system?
- Get to know how coconut oil protects your brain, heart and the immunity system

BOOK #3: Crystals: The Best List Of Crystals And Their Meanings, Uses, Crystals Energy, Crystal Healing And Energy Fields

There is a variety of crystals and their meanings which have been provided in this book .

The book will enable you to learn how power energy in the crystal stones is transmitted and the positive effects they have on your body and mind. How you can aid different aspects of your life by using the stone crystals with high healing properties.

Here is what you will learn after reading this book:

- You will get information about the kind of ailments that can be healed by particular crystals
- The book will allow you to learn and discover the best gems that you can use to enhance joy in your day to day living
- The book will help you to get to improve your health by using one of the individual crystal stones that you will learn
- The best stones that you can use to concentrate when you are meditating
- You will learn about the types of crystals that can soothe your nerves and ensure that you have peace of mind

BOOK #4: Reflexology: Take Charge of Your Health with These Easy Steps to Reduce Tension Using Hand and Foot Reflexology

Do you suffer from chronic pain? Have you been searching for an alternative pain reliever instead of swallow pills every six to eight hours? Reflexology could be the natural treatment you have been looking for. Reflexology Take Charge of Your Health covers easy techniques that you can perform on yourself to help improve your health, reduce pain and relieve stress. Reflexology is a relaxing treatment that stimulates the body's natural energies to promote self-healing. It is a non-intrusive technique with no side effects and has a remarkable number of benefits.

This book will cover the basics of hand and foot reflexology and focus on things like:

- How to relieve back pain
- How to reduce stress
- How to relieve neck and shoulder pains
- How to relieve headache and migraine pains.

Getting Your FREE Bonus

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

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Pablo Cook:

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