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Seeds 4 Change: A Path to Health and Healing

Laura Dankof

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Seeds 4 Change: A Path to Health and Healing Laura Dankof
Seeds 4 Change “Seeds 4 Change” is designed to address many of the factors that are at the root of poor health and disease and to help you find your own path to health and healing. Taking steps to improve your health can seem like an overwhelming task. By taking things one step at a time, no matter how long it takes you can get there. This book is designed to help you address those factors that can change your health and well-being. Just planting one seed and nurturing the soil, in this case your body will help establish a healthy root system. This will allow that seed to have the best chance to grow into a strong, beautiful tree. That tree is you and it is your life. Make an appointment now with yourself to care for your physical, mental, emotional, spiritual, and environmental needs. By doing so you can plant the seed to change and transform your life.

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