



The 180 Degree Wellness Revolution: Simple Steps to Prevent and Reverse Illness

Tara L Gesling

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HAVE YOU BEEN TAUGHT TO BELIEVE A DIAGNOSIS IS INEVITABLY THE END OF THE LINE? ARE YOU TIRED OF DIETING AND HEARING EXPERTS SAY IT'S BECAUSE YOU'RE LAZY AND DON'T DIET ENOUGH THAT YOU CAN'T LOSE WEIGHT AND KEEP IT OFF? Have you been told "We don't know what is causing your illness, but we have a pill you can take for a lifetime"? Do you believe all food is the same and has little or no effect on health? Do you wonder why so many people are sick? "The 180 Degree Wellness Revolution includes the story of Tara's return to health. Not only is it deeply inspirational, but it contains a goldmine of information gathered on her journey...[it] gets right to the heart of the issues. It provides the background, the research, and the motivation that can place anyone on a path to prevention and recovery. But best of all, the reader will know they can do it too!" Sharyn Wynters, Internationally recognized naturopath and author of *The Pure Cure*. At the age of 28, Tara was disabled. Diagnosed with late stage Reflex Sympathetic Dystrophy, Chronic Pain Syndrome, Autoimmune Thyroid Disease, Fibromyalgia, Arthritis and Chronic Fatigue, Tara was wheelchair dependant for almost 5 years with little hope for recovery. The medical system offered medications to mask her symptoms. Unfortunately, the medications created more symptoms. Devastated, and resigned to her fate, Tara never imagined the gift she was being offered. From the depths of despair she was inspired to do her own research—to take charge of her own circumstances and to find her own way out. Thus began her journey from despondency to triumph. Over the years, Tara's self-discovered and self-guided process has helped her to rebuild her health, reverse many symptoms and ditch the wheelchair. She is an example of the healing that is possible when a person begins to address the root cause(s) of illness. Tara shares her discoveries, her research and the experiences that brought her back to a joyful and fulfilling life. The 180 Degree Wellness Revolution will help you listen to your symptoms and to your heart. It will guide you as you discover your personal path to wellness. It will give you insight into how you can prevent or uncover the root causes of chronic illness and feel better. * Learn how to ask the right questions. * Learn how to build a support team around you, making rough days easier. * Learn how to listen to what your body may be telling you through symptoms. * Learn how to build health, search for root causes of illness and empower yourself to have an extraordinary life. * Feel comfortable in your ability to take charge of your health care decisions. * There are many opportunities for healing and bringing quality back into our lives, we need to know how to access and implement them. * Look at the functional approach to nutrition, which teaches you to build health by correcting dysfunction and imbalance by finding and healing root causes of illness. This book was written to provide the resources that Tara wished she could have had over 20 years ago when she first began dealing with chronic disease. Tara Gesling is a sought after food and health educator, holistic organic gardening expert, author and motivational speaker with more than twenty five years experience in health and wellness. She is a graduate of the Institute for Integrative Nutrition and a certified health coach, drugless practitioner, master gardener, permaculture consultant and is currently completing training as a Functional Diagnostic Nutritionist. She is the founder of Cultivating Health, LLC.

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