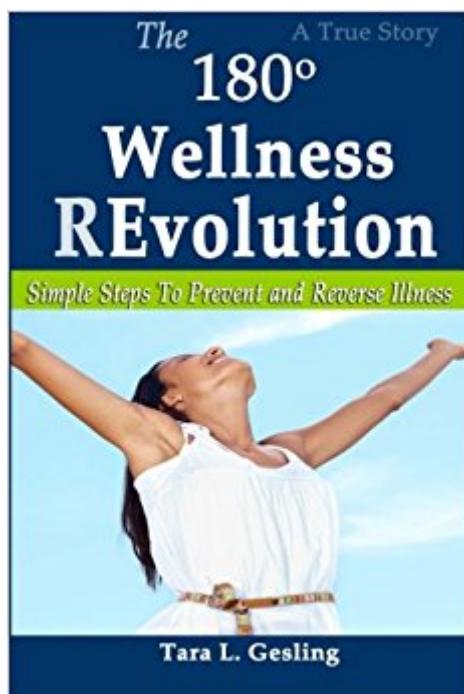


The book was found

The 180 Degree Wellness Revolution: Simple Steps To Prevent And Reverse Illness



Synopsis

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.

Book Information

Paperback: 164 pages

Publisher: Real Nutrition and Health; 1 edition (October 26, 2014)

Language: English

ISBN-10: 0990880680

ISBN-13: 978-0990880684

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 10.7 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 92 customer reviews

Best Sellers Rank: #1,464,645 in Books (See Top 100 in Books) #39 in Books > Health, Fitness & Dieting > Nutrition > Genetically Engineered Food #144 in Books > Health, Fitness & Dieting > Aging > Diets & Nutrition #271 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Thyroid Conditions

Customer Reviews

Tara Gesling is the real deal. I have explored many authors and avenues, seeking information about my RA diagnosis at the ripe old age of 29. I used to teach Weston A. Price classes on fermented foods and traditional diets. I had explored everything, GAPS diet, Specific carbohydrate diet, etc. And then... I had the good fortune to meet Gesling grocery shopping and was inspired to check out her book. She explores autoimmunity beyond the surface issues of gluten and leaky gut, and does chronic illness patients a huge service in doing so! She gets to the underlying emotional roots, environmental toxins, etc. She has an impressive body of knowledge, and communicates in language the lay person understands. Reading her book is like listening to a person in everyday conversation. What a wonderful author! What a timely and important book! This work is unsuspecting. It is not expensive nor does it come with a glam shiny cover. It's not on Dr. Oz, yet. I'm writing this review because people need to check this one out.

This is such a great book ! It's not only a good source of informations but also a motivation to switch our daily habits. I found this book here on when searching about thyroid problems. I have no idea how I found it but I am so happy because I learned a lot of stuff about the way this new generation got used to eat so much chemical and still think that it's normal. Just take the time to look at ingredients behind every commercial food that you eat daily and we clearly see that something is wrong ! We support all those big brands selling those cheap food products. Invest in your health NOW ! Support local farms. I recommend this book to anyone who wants to improve their health daily !

If you ever had a doctor say you are not sick because your tests are normal however you know your symptoms are real, you NEED to read this book. If you have had your doctor prescribe a pill for your symptoms but did not give you a plan to correct the cause, you NEED to read this book. The author shares her own journey back to real health and addresses symptoms, causes, how what we fuel and surround our bodies with affect our health, what keeps us in the same old patterns, and then she tells us what we can do to achieve maximum health. Very easy to read and a plan to get you back on the road to recovery just when you have given up hope. I highly recommend this book. Actually I gave my copy to someone and bought another one for me to keep as a reference.

This book is a MUST for anyone wanting to start the journey of discovering the real cause of their dis-ease. Tara has packed this easy to read, hard to put down book with practical information and anecdotal stories. I especially found informative the connection she makes between nutrition and healthy growing practices of our foods. If our foods are not healthy, how can we be expected to be healthy.

Tara takes the news about health that absolutely NO ONE wants to hear & makes it believable and doable. No one doesn't like a personal success story. This one is told well with researched information backing it up and in a layman's language. It leaves the reader convinced that "if she can reverse devastating disease with this diet & lifestyle, certainly I can adopt it for ultimate health."

I greatly enjoyed reading Tara Gesling's "180 Degree Wellness Revolution". I found her personal story inspiring and hopeful, since far too often we're taught to believe that what we're diagnosed with defines us and will never change. I love her suggestion to learn to start questioning and really take ownership of your own health, recognizing that doctors, too, are only human and don't know

everything, and not all take the same approach. I have my own health concerns that doctors don't understand and want to deal with only by treating the symptoms. Reading this is a good nudge to get me to look deeper, not simply accept that I have to live with it. Thank you, Tara, for sharing your story and your thoughtful approach to healing!

A very informative and eye opening account of what our bodies are capable of! I thought that I knew how to properly nourish my body by reading the "nutrition facts" label on our food. It never crossed my mind to read the INGREDIENTS! Tara does a fantastic job of educating the reader on all of the potentially harmful chemicals that we may not know are going into our system, gives the reader valuable insight on how to not only prevent illness, but also on how to reverse it.

This book is very inspiring. I was deeply impressed by the story of the author: Through research and personal experiences she discovered her way to healing and to enjoying life! Tara Long Gesling motivates her readers, especially those who are struggling with chronic disease, to start to reclaim their lives, their health and their happiness. Lots of enlightening information about the connection nutrition and healthy growing practices of our foods!!!

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