



365 Days of Health - Diary 2016

Chris Gibbs

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Welcome to one of the world's first page a day diaries packed with tips on how to live a healthier life! On each day you will receive practical advice covering comprehensive range of health topics, including diet, fitness, weight loss, home remedies, complementary therapies, understanding common medical conditions, along with many other vital aspects of healthy living. 'Overall, a simple and informative guide for anyone wanting to make the best health choices' About the author: In a career spanning more than 15 years, Chris Gibbs has been working, writing and teaching in clinical healthcare and complementary medicine, both in the UK and Internationally. He currently provides complementary medicine in therapy centres



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