

How To Eat, Move And Be Healthy! By Paul Chek

By Paul Chek

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Paul Chek is the author of How to Eat, Move, and Be Healthy! (4.25 avg rating, 287 ratings, 22 reviews, published 2004), Paul Chek (Foreword)

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How to Eat, Move and Be Healthy, a book by Paul Chek, is recommended by Dr. Mercola as a personalized guide to looking and feeling great, inside and out!

Feb 05, 2009 his groundbreaking book How to Eat Move and Be Healthy and The man behind the C.H.E.K Institute speaks about CHEK

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As a Holistic Health Practitioner, Neuromuscular Therapist and corrective exercise specialist, Paul Chek has developed a unique approach to wellness and education

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Eat, move, and live naturally. When you want a dessert that shows well, tastes great and is surprisingly easy to make (shhh!), try this Pear Upside Down Cake