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## Weighed Down: Ditch the Chronic Illness, Lose the Weight and Revitalize with Ease

By Debbi Sanzo-Davis

Sanzo-Davis, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Weighed Down is about the experience and journey to health and self-restoration of the writer, Debbi Sanzo-Davis, a former American Airlines employee who after 30 years of dedication to the company found herself rundown, stressed, overweight, unhappy, and suffering from chronic illnesses including high blood pressure. She was approaching retirement age with no hope for health and well-being in her retirement years. Desperate and anxious to not meet the conventional medicine healthcare fate of the elders, co-workers and others in her life she began her quest for lifestyle change, health knowledge and well-being. Having long been a follower of new age thinking and philosophy greatly influenced by the teachings of Dr. Wayne W. Dyer, and the inspiration of the Hay House family, with recent addition to Jennifer McLean s Healing with the Masters, she expanded her focus to the progressive leaders of the nutrition and self-health movement which included Joshua Rosenthal, Pam MacDonald, Daniel Vitalis, David Wolfe, James Colquhoun and Laurentine ten Bosch. She learned from them and their works, a way to affect the kind of...



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