



Finding Balance: Empower Yourself with Tools to Combat Stress and Illness

Monica Aggarwal MD, Jyothi Rao MD

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Do you struggle with chronic illness, difficulty losing weight, sugar addiction, feeling stressed and tired all of the time? Are you confused about what to eat and not to eat?

1. Learn how to have more energy through a better diet
2. Learn the role of the gut bacteria in your overall health
3. Learn mind-body techniques to recharge and activate our bodies
4. Learn how even small movement can decrease chronic illness.

This is a revolutionary new look at why we are affected by illness and how to restore balance and learn to heal. This book will show you how you can become the newer, healthier, more vital you!"

About the authors:

Dr. Monica Aggarwal is a board certified cardiologist in Baltimore, MD. She has been the director of echocardiography and women's health. She has been in practice for nine years. She has expertise in heart failure, pulmonary hypertension and prevention. One of her main focuses is educating people about the importance of plant based nutrition and its benefits in treating and potentially, reversing chronic illness.

Dr. Jyothi Rao is a board certified internist in Baltimore, MD. She has been practicing medicine for the past 18 years. Along with internal medicine, Dr. Rao has completed a fellowship in Anti- Aging Regenerative Medicine. She is also an instructor at the Maryland University of Integrative Health and is currently the medical director of Shakthi Health and Wellness Center.

Advanced Praise for Finding Balance

"Super job!" [discussing the microbiome and its nuances]

-- Alessio Fasano, MD, Chief of Pediatric Gastroenterology and Nutrition, Harvard/Mass General Hospital for Children

"As a Paralympic athlete I have learned what it takes to get to the top by eating right and staying healthy--taking care of my body is my #1 priority. Thanks to Dr. Rao and Dr. Aggarwal for their insights and advice."

-- Tatyana McFadden, 15x World Champion, Grand Slam Marathon Champion, 3 x gold medalist

"Drs. Monica Aggarwal and Jyothi Rao's Finding Balance is the reference text for many decades of a life free of disease. They define in depth the essential components of nutrition, the microbiome, hydration, mental tranquility, sleep, exercise and more. This book will guide you past each pivot point towards enduring wellness."

-- Caldwell B. Esselstyn, Jr., MD, Author of The New York Times best-seller Prevent and Reverse Heart disease

"A wonderful book! If you want to capture the best from your mind, follow this fantastic guide about how to treat your body."

-- Barbara Oakley, PhD, author of The New York Times
science best-seller A Mind for Numbers

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Edward Foland:

The book with title Finding Balance: Empower Yourself with Tools to Combat Stress and Illness possesses a lot of information that you can learn it. You can get a lot of gain after read this book. This kind of book exist new information the information that exist in this guide represented the condition of the world today. That is important to yo7u to be aware of how the improvement of the world. This book will bring you within new era of the syndication. You can read the e-book with your smart phone, so you can read that anywhere you want.

Linda Williams:

As we know that book is essential thing to add our knowledge for everything. By a e-book we can know everything we would like. A book is a range of written, printed, illustrated or even blank sheet. Every year ended up being exactly added. This guide Finding Balance: Empower Yourself with Tools to Combat Stress and Illness was filled about science. Spend your extra time to add your knowledge about your scientific disciplines competence. Some people has different feel when they reading a new book. If you know how big good thing about a book, you can really feel enjoy to read a book. In the modern era like today, many ways to get book that you wanted.

Federico Hayward:

What is your hobby? Have you heard which question when you got students? We believe that that query was given by teacher with their students. Many kinds of hobby, Everybody has different hobby. Therefore you know that little person just like reading or as examining become their hobby. You need to understand that reading is very important as well as book as to be the thing. Book is important thing to provide you knowledge, except your own personal teacher or lecturer. You see good news or update in relation to something by book. Different categories of books that can you choose to adopt be your object. One of them is Finding Balance: Empower Yourself with Tools to Combat Stress and Illness.

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