



# The G-Zone

*Mark McCullough*

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## **The G-Zone** Mark McCullough

Losing weight, increasing energy & achieving optimal health... These are the primary goals for a lot of people yet so many struggle daily. In challenging times, like those we face now, it often feels harder than ever to achieve and maintain optimal health. What's the secret? It lies in the lessons Dr. Mark McCullough has learned in working with thousands of patients for over twenty years. Are you ready to take back your health? Then you are ready to get into the G-Zone. The insights in this book will explain how the three T's - toxins, traumas and thoughts, are keys to achieving and mastering your health. The book also highlights the importance of emotional, nutritional, physical and structural fitness. Dr. Mark gives you the key ingredients you need to achieve the ultimate... a G-Zone Lifestyle that allows you to lose weight, crease your energy and achieve optimal health.

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