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Total Renewal

Frank Lipman

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In terms of health, most of us live at 50 percent of our capacity. *Total Renewal* takes us the rest of the way there.

To varying degrees, we all suffer from digestive disorders, low-grade toxicity, or fluctuating blood sugar levels. While not ballooning into full-fledged diseases, these conditions limit our enjoyment of life and prefigure illnesses that loom in our future. Consisting of seven steps, Dr. Frank Lipman's Total Renewal Program is the key to reversing the unhealthy habits and poor functioning that we have slowly developed and accepted over the course of our lives. The program replaces them with new behaviors that leave us stronger, healthier, and more durable.

Dr. Lipman's seven steps are:

1.Take **Responsibility** for Your Health and Well-Being

2.**Remove** Toxins and Decrease Your Total Load

3.**Recognize** Your Unique Diet

4.**Replenish** Nutrients and Balance Hormones

5.**Release** Tension and Relieve Stress

6.**Revitalize** with a Detox

7.**Reconnect** to Yourself, Others, and Nature

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