



# Trans 4 Me: The Ultimate Guide to Health and Wellbeing

Trish Blascak

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## Trans 4 Me: The Ultimate Guide to Health and Wellbeing

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Transform and optimize your health today! This workbook will take you through a four part program geared to transform and optimize your health. In each part, you will be introduced to new concepts that will help guide you to an optimum state of well-being and proper metabolism. Trish Blascak MS, RNCP is skilled at transitioning you to a healthy eating plan using simple tools and natural strategies. With enhanced nutrition and exercise the end result of the Trans 4 Me program is increased energy, weight loss, reduced inflammation and overall a healthier body. Trans 4 Me is a lifelong plan with lasting results!! www.mifoodforthought.com



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