

Natural Living Book Helps Couple Lose 110 Pounds In Just 4 Months

Image Gallery



The Beginner's Guide to Natural Living

A Florida couple reads [The Beginner's Guide to Natural Living](#) by Larry Cook, adopts the principles outlined in the book, and after just four months shed 110 pounds and get more energy than they had in the last 20 years.

Online PR News – 16-March-2010 Danna Brownlee and her husband, a Florida couple, read [The Beginner's Guide to Natural Living](#) written by Larry Cook, applied the principles they learned, and lost 30 pounds and 80 pounds, respectively, in just four months! The Brownlee duo gave up diet drinks, coffee, synthetic sweeteners, MSG, dairy, processed foods and other unhealthy products. They installed a shower filter and a tap water filter, switched to more whole and organic foods, started to use apple cider vinegar, got into vegetable juicing, began making their own nut butters and embraced natural body care products.

Mrs. Brownlee says, "A lot of lifestyle changes; but surprisingly enough, none of the changes have been hard to make. We exercise, my husband lost 80 pounds, I lost 30, and we have more energy than we did 20 years ago. What a difference in four months! I now get up at 5 a.m. and juice veggies and make a healthy live salad for lunch. Before I barely got out of bed at 7 a.m. and had little energy." "I have been on thyroid medicine for two years (gave up most over the counter pills in favor of natural solutions) but believe that I can stop the med based on how well I feel. I will find out in a couple of weeks. My husband no longer has any of the former health issues he was facing."

Mr. Cook says, "The Brownlee's are a perfect example of what can happen when people adopt a more natural approach to their lifestyle. The key to losing weight is avoiding processed foods as well as dairy while adopting [whole organic foods](#) as a primary source of everyday fuel." "Supplements that help with

digestion - such as [digestive enzymes and probiotics](#) - are also of great value, as are superfoods like Spirulina and wheat grass juice because of the nutrition they provide. When the body gets the nutrition it needs it will heal itself, and part of that healing includes weight loss.”

Natural living is a lifestyle choice that avoids man-made chemical foods and medicines that ultimately create problems, while embracing Nature-based foods and medicines that help the body to completely heal. The Beginner’s Guide to Natural Living is a roadmap for people who want to start living more naturally, but aren’t sure where to begin. To read the Brownlee’s inspiring true story, go to

<http://www.thenaturalguide.com/danna.htm>. To learn more about The Beginner’s Guide to Natural Living and the natural living lifestyle, visit <http://www.thenaturalguide.com>.

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