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The Fascia Fix Food Plan: Decrease Pain, Reduce Cellulite, Lower Stress And Inflammation, Improve Muscle Mass And Performance



Decrease pain | Reduce cellulite
Lower stress and inflammation
Improve muscle mass and performance

Dr. Sherri Jacobs, ND, CNS



Synopsis

Fascia is a web of fibrous connective tissue that holds muscle, neurons and skin cells together. It covers and is interwoven throughout every muscle, bone, nerve, and vessel in our body. Healthy fascia is relaxed and fluid and moves without restriction. Unhealthy or tight fascia restricts blood flow to muscles, limits range of motion, creates pain and causes the appearance of cellulite and dimpling skin. Learn what foods to eat and nutrients to take to create healthy fascia in your body. Dr. Sherri Jacobs, ND, CNS has both researched and clinical experience guiding you through the process of fixing your fascia. The Fascia Fix Food Plan will help you create the flexible, pain free, smooth and supple body you have always wanted. Dr. Sherri Jacobs, ND, CNS. The Fascia Fix Food Plan (Kindle Locations 59-60). HealthE Coaching. Dr. Sherri Jacobs, ND, CNS. The Fascia Fix Food Plan (Kindle Locations 56-58). HealthE Coaching.

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Customer Reviews

While there was a good information in this ebook.....I was very disappointed that there wasn't more food information or examples of meal plans. I could have probably read post of this on the Internet for free.

This is an amazing tool for understanding the causes of cellulite and being provided with simple and practical tools! It's perfecto for someone that doesn't want to spend that much time in looking for special ingredients or dedicating to much time.

Some good information, most I already knew, but a couple new things. I think for the price it's a great little reference book.

This book is clear and concise and better yet it makes good sense. Have my supplies and I'm ready to start. If you read this you'll want to try it too.

Love, love, love this book. This information came at the exact right time in my life and in a form that is digestible. Thank you, Dr. Sherri!

I am enjoying this book so much I had to write a review even though I am only 30% in! Who would have thought fascia could be so fascinating! Seriously, I had not given fascia a first thought until my integrative internist physician friend told me how great she is feeling on the collagen discussed in this book! She told me I should read it and gave me some of the collagen to try. Well, for the last few days I have been adding it to my coffee and yesterday I spiked by 12-year-old athlete son's big water bottle with it - and when I picked him up from a day of tennis in insane Charleston, SC heat, he was energized and claiming he played the best he has ever played! (He didn't even know it was in there because it pretty much has no taste! Oh, yeah and there is protein in there!) You better believe I spiked it again today and will continue. I love what I am learning about fascia in this book and how it affects my overall health as well as the big bonus- my beauty! Woo hoo! As a 46-year-old woman and mother of an athlete, the wisdom shared here by Dr. Sherri Jacobs is invaluable. I am all about the #fasciafix! And you should be too! Now, back to reading.

I am always shocked and amazed at the amount of information that is shared from the world of naturopathy that is never heard in an setting where so called modern medicine is practiced. I like the explanations of how our bodies work and what we need to help them work better. And further, the understanding that what may be good for one, may not be good for all. Thank you, Sherri and Stockton Jacobs for sharing your passion for health with the world!

This is a fascinating little book! Comprehensive. Understandable. Insightful. In succinct terms the

importance of fascia health is explained the importance of supporting it. The book has great dietary suggestions and easy to make recipes. I'm very encouraged to follow the protocol and give it try!!

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