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From Soccer Moms and Policemen to Medical Personnel: A Guide to A Healthier Fast-Paced Lifestyle

California, USA — *Code 4 For Life* by Aaron Hermanson

Code 4 For Life is a new millennial guide to health and vitality for the fast-moving urban lifestyle. Although written with the emergency first responders of the police, fire and medical personnel in mind, this book will be just as much a benefit to anyone who lives a fast-paced irregular lifestyle.

Aaron Hermanson, a southern California Deputy Sheriff, Certified Holistic Health Practitioner and Certified Nutritional Consultant shows you a step-by-step guide to rebuilding your health and wellness. He does this by providing excellent information about diet, exercise, and nutritional supplements, and Aaron does this all in a natural way.

Unlike a lot of health and wellness guides, *Code 4 For Life* may not make you feel all warm and fuzzy inside. However, this book will jumpstart your life by retraining you to be a lean, mean, nutritional machine.

The author also outlines methods for detoxification, better sleep and heart wellness. All of these techniques are highly masterful and with a little bit of sweat-equity, you will be well on your way to developing a new and more vitalized self.

So whether you are a police-officer, city commuter, soccer mom or athlete, *Code 4 for Life* will give its readers the proper ingredients to produce a better and longer living you.

Aaron received his education and certifications through the Global College of Natural Medicine and the International Sports and Science Association. His passion is simple: helping others to achieve total wellness. He actively consults through private one-on-one sessions and group lectures, helping those who suffer from all sorts of health issues. www.longliveyou.com.

CODE 4 FOR LIFE: ISBN 978-0-9793944-5-4 - \$17.95

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