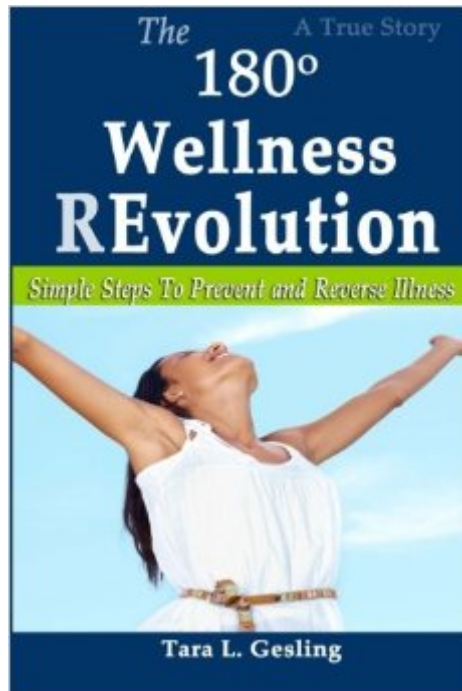


The book was found

# The 180 Degree Wellness Revolution: Simple Steps To Prevent And Reverse Illness



## Synopsis

HAVE YOU BEEN TAUGHT TO BELIEVE A DIAGNOSIS IS INEVITABLY THE END OF THE LINE? ARE YOU TIRED OF DIETING AND HEARING EXPERTS SAY IT'S BECAUSE YOU'RE LAZY AND DON'T DIET ENOUGH THAT YOU CAN'T LOSE WEIGHT AND KEEP IT OFF? Have you been told "We don't know what is causing your illness, but we have a pill you can take for a lifetime"? Do you believe all food is the same and has little or no effect on health? Do you wonder why so many people are sick? "The 180 Degree Wellness Revolution includes the story of Tara's return to health. Not only is it deeply inspirational, but it contains a goldmine of information gathered on her journey...[it] gets right to the heart of the issues. It provides the background, the research, and the motivation that can place anyone on a path to prevention and recovery. But best of all, the reader will know they can do it too!" Sharyn Wynters, Internationally recognized naturopath and author of The Pure Cure. At the age of 28, Tara was disabled. Diagnosed with late stage Reflex Sympathetic Dystrophy, Chronic Pain Syndrome, Autoimmune Thyroid Disease, Fibromyalgia, Arthritis and Chronic Fatigue, Tara was wheelchair dependant for almost 5 years with little hope for recovery. The medical system offered medications to mask her symptoms. Unfortunately, the medications created more symptoms. Devastated, and resigned to her fate, Tara never imagined the gift she was being offered. From the depths of despair she was inspired to do her own researchâ€” to take charge of her own circumstances and to find her own way out. Thus began her journey from despondency to triumph. Over the years, Taraâ€™s self-discovered and self-guided process has helped her to rebuild her health, reverse many symptoms and ditch the wheelchair. She is an example of the healing that is possible when a person begins to address the root cause(s) of illness. Tara shares her discoveries, her research and the experiences that brought her back to a joyful and fulfilling life. The 180 Degree Wellness Revolution will help you listen to your symptoms and to your heart. It will guide you as you discover your personal path to wellness. It will give you insight into how you can prevent or uncover the root causes of chronic illness and feel better. \* Learn how to ask the right questions. \* Learn how to build a support team around you, making rough days easier. \* Learn how to listen to what your body may be telling you through symptoms. \* Learn how to build health, search for root causes of illness and empower yourself to have an extraordinary life. \* Feel comfortable in your ability to take charge of your health care decisions. \* There are many opportunities for healing and bringing quality back into our lives, we need to know how to access and implement them. \* Look at the functional approach to nutrition, which teaches you to build health by correcting dysfunction and imbalance by finding and healing root causes of illness. This book was written to provide the resources that Tara wished she could have had over 20 years ago

when she first began dealing with chronic disease. Tara Gesling is a sought after food and health educator, holistic organic gardening expert, author and motivational speaker with more than twenty five years experience in health and wellness. She is a graduate of the Institute for Integrative Nutrition and a certified health coach, drugless practitioner, master gardener, permaculture consultant and is currently completing training as a Functional Diagnostic Nutritionist. She is the founder of Cultivating Health, LLC.

## **Book Information**

Paperback: 164 pages

Publisher: Real Nutrition and Health; 1 edition (October 26, 2014)

Language: English

ISBN-10: 0990880680

ISBN-13: 978-0990880684

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 10.7 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (87 customer reviews)

Best Sellers Rank: #1,223,524 in Books (See Top 100 in Books) #33 in [Books > Health, Fitness & Dieting > Nutrition > Genetically Engineered Food](#) #118 in [Books > Health, Fitness & Dieting > Aging > Diets & Nutrition](#) #255 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Thyroid Conditions](#)

## **Customer Reviews**

Tara Gesling is very knowledgeable about the pitfalls of our healthcare system, due to her personal experiences with its failures. She recommends a complete turn-about, the 180 degree revolution from the title of the book, if we want to regain our health. She informs us of challenges from toxins to GMO foods and then moves on to food as medicine, covering the differences between organic and conventional growing methods. Then she gives us action steps and the things she's done personally to overcome her health challenges with reflex sympathetic dystrophy, autoimmune thyroid disease, arthritis, chronic fatigue and fibromyalgia along with a few others. Tara emphasizes the importance of handling stress, improving digestion, and understanding the benefits of cleansing, and then leads us in how to create a plan to get started. Finally she notes how our thinking needs to shift to a new paradigm of conscious choice. I couldn't agree more! What I love about this book is Tara's candor in telling her story and everything she encountered in her journey to health. It's a comprehensive and in-depth account of a private healing journey. This book is sure to help many people overcome

similar obstacles and health challenges.

This book is foundational for your health! If you are new on the block to the idea of 'functional medicine', that seeks to get to the root of your problems and not just chase the symptoms, then this book will be just what the doctor ordered for you. It covers all of the basics in an interesting and powerful way â “ in the context of Tara's real life medical story of turning around the idea of being doomed to bad health and deterioration for the rest of her life. If you or the ones you love have any medical or health issues, you will want to have this book to refer back to over and over â “ as you start your journey to literally turn around whatever things have been holding you back from living in health! She speaks with honesty and clarity, that recovering your health will not happen overnight, but just as it took time to become ill or lose the precious gift of health (whether you realized that or not - it did!), it will take time to return -- but it CAN be done if you have the courage, tenacity and understanding to do what you have to do. Tara helps you with these steps, and probably one of the most important steps she insists on is you MUST want it more than you want your sickness. YOU must own your health! No more excuses. For those more well-versed in the wellness field, or those who are on the journey to grow their own healthy food, you will want to read about the crucial connection between the vitality of the soil and the vitality of our own bodies. This is information we all need to know! As a master gardener who has a small organic family farm, Tara doesn't just talk about it, she has done it. Buy this book for yourself, and get it into the hands of those you love!

If you are struggling with a chronic illness threatening your way of living and your body is being virtually destroyed and untouched by medications prescribed by physicians it is time you read Tara L Gesling's 180 degree Wellness REvolution! She addresses chronic illness as no other author dares. Her life transforming steps are well worth moving your chronic illness forward to healing. I commend her on a book well written for the masses - This book is a MUST BUY!

I can deeply relate to the author as my journey was very similar. When I was 30, I was diagnosed with fibromyalgia and told that I would be permanently disabled. If I had a book like this, it would have made my road to recovery much easier. The author does such a fantastic job of sharing authentically. This book will inspire our fellow fibro warriors to reclaim their lives and their health.

This book is simple to read but packed with very important and meaningful ways to recover from significant and life threatening health challenges. Many resources and steps to get back the health

you desire. How did she get it all in there? Excellent and inspiring!

This book is a MUST for anyone wanting to start the journey of discovering the real cause of their dis-ease. Tara has packed this easy to read, hard to put down book with practical information and anecdotal stories. I especially found informative the connection she makes between nutrition and healthy growing practices of our foods. If our foods are not healthy, how can we be expected to be healthy.

I love this book; I love this author. Her story and her work are amazing. She is an inspiration and much needed in the wellness community. I can't imagine anyone not valuing from her courage and her wisdom. I learned so much about self-healing and how I can help myself heal my problem areas. This book is a must!!

Such a powerful, encouraging, and influential book! I am well on my way towards a much healthier, whole life! I am SO glad Tara Gesling made the choice to share her story in such a personal matter leaving those who may be discouraged or without strength or hope, ready to take control of their own lives!

[Download to continue reading...](#)

The 180 Degree Wellness Revolution: Simple Steps to Prevent and Reverse Illness Anti-Cancer Diet: An Ultimate Guide to Reverse and Prevent Cancer Naturally! (anti-cancer diet, anti-cancer cookbook, anti-cancer diet recipes, reverse cancer, prevent cancer) 180 Days of Practice: 180 Days of Reading for Third Grade (Practice, Assess, Diagnose) 180 Days of Practice: 180 Days of Reading for Kindergarten (Practice, Assess, Diagnose) 180 Days of Practice: 180 Days of Reading for Sixth Grade (Practice, Assess, Diagnose) 180 Days of Practice: 180 Days of Reading for Second Grade (Practice, Assess, Diagnose) MENTAL ILLNESS: Learn the Early Signs of Mental Illness in Teens (Teen mental illness, teen mental health, teen issues, peer issues, treatment) Diabetes: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 2 Diabetes, Reverse Diabetes) Osteoporosis: How To Treat Osteoporosis- How To Prevent Osteoporosis- Along With Nutrition, Diet And Exercise For Osteoporosis (Reverse or Prevent Bone ... Supplement Treatments & Exercise Routines) TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES,diabetic cookbook,type 2 diabetes) The Eye Care Revolution:: Prevent And Reverse Common Vision

Problems, Revised And Updated Diabetic Cookbook (A Beginner's Guide):: Quick, Easy-to-Cook  
Diabetes Diet for a Simple Start: High Fiber, Low Calorie, Carb and Cholesterol Cookbook: To Help  
Prevent and Reverse Diabetic Ideal Protein Cookbook - The Ultimate Guide in Protein for Fitness  
Health and Wellness: The Ultimate Guide in Protein for Fitness Health and Wellness The Wellness  
Doctor's Guide to Preventing and Reversing Osteoporosis (The Wellness Doctor Series Book 1)  
The Autoimmune Wellness Handbook: A DIY Guide to Living Well with Chronic Illness My Personal  
Path to Wellness: A Journal for Living Creatively with Chronic Illness Digestive Wellness:  
Strengthen the Immune System and Prevent Disease Through Healthy Digestion, Fourth Edition  
Complete Guide to Symptoms, Illness & Surgery: Updated and Revised 6th Edition (Complete  
Guidel to Symptons, Illness and Surgery) Childhood Illness and the Allergy Connection: A  
Nutritional Approach to Overcoming and Preventing Childhood Illness Lubkin's Chronic Illness:  
Impact and Intervention (Lubkin, Chronic Illness)

[Dmca](#)