



Be Your Own Health Advocate: One Woman's Journey Using Alternative Healing

Leslie Holtaway Hearton

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For most people, even if life is going well, there can be a part of your life that just doesn't work and can leave you wondering if this is all there is. Join Leslie as she explores diet and lifestyle and how she made small incremental changes to find balance in her life to feel better physically and emotionally. You can transform your life and have true health and well-being.

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