Chris Murphy?s "The 5 Foundations of Remarkably Healthy People" - Free Download Tomorrow (02/20/2017)

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Best Seller Publishing announces the release of Chris Murphy?s new book, The 5 Foundations of Remarkably Healthy People: An Easy Guide to Restore Your Health, Lose Weight and Feel Great. It will be available for free download in the Amazon Kindle Store on February 20th.

If avoiding medications and surgery in the future is a top priority, then this is a must read, Murphy states. This book gives readers with an easy guide to restore their health, lose weight, feel great, and help assist them in preventing and overcoming chronic disease.

Dr. Chris provides easy action steps to implement into one?s life today to help give them a better lifestyle for tomorrow. He will take readers through the 5 Foundations of Health:

- Function
- Food
- Fitness
- Filter

- Freedom

In addition to learning the 5 foundations, one will learn how to apply them into their own life, just as he has helped thousands of patients do already.

The 5 Foundations of Remarkably Healthy People by Chris Murphy will be free and available for download on Amazon for 5 days (02/20/2017 ? 02/24/2017) at: https://www.amazon.com/dp/B01N26M5HA. The 5 Foundations of Remarkably Healthy People has a 4.8-star rating on Amazon.com. Here?s what some people are saying:

?Dr. Chris is an excellent health care provider. This book applies to anyone and everyone seeking to live life at its fullest. Being 'healthy' is commonly viewed by some individuals as time consuming and impossible. Dr. Chis breaks down the principles of living healthy to make it easily applicable in everyday choices.? ? Nathan H.

?Dr Chris is a doctor that speaks the truth about health and nutrition. It is not easy today to know what to believe. There is so much mis-information. This book will give readers great information, encouragement to reach all health goals. The real life stories and testimonies are great and motivate anyone to take their health more seriously with easy to implement methods.? ? Sharon Kent

For More Information: For more questions or to schedule an interview about this press release please contact Rebecca, Author Liaison, at (626) 765-9750 or email info@bestsellerpublishing.org.

Best Seller Publishing is a Los Angeles Publishing Company dedicated to helping business owners and entrepreneurs become ?the hunted? with their best-selling books.

About the Author:

Dr. Chris Murphy has been helping people maximize their health for almost a decade now. He is the owner and head doctor at NewEdge Wellness Center in Kennewick, WA. He is part of the Sports Performance Council for the NFL Alumni Association, has taken care of the USA martial arts team, and host of the hit radio show ?The Dr. Chris Show?. Dr. Chris also travels over 25,000 miles every year professionally speaking on and researching the latest in health and wellness. He applies a holistic approach in helping the body heal itself.

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