The 5 Foundations of Remarkably Healthy People, An Amazon Best-Selling Book is Free For One More Day (02/24/2017)

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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 for one more day on February 24th.

Murphy states that if avoiding medications and surgery in the future is a top priority, then this is a must read. 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 1 more day (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:

?As the saying goes 'you are what you eat'. For years people have been trying to stick to healthy diet and maintain a healthy metabolism. There are many books on amazon which are written on weight loss topics but this is something new. This book doesn't only have weight loss tips but it also guides readers towards a healthy lifestyle.? ? Georgina White

?This books is so informative. It simplifies the basic functions of our health so that we can understand how to take control of our life and debunks the myths and the lies that we have been told our whole life on what is good for us. There is a light at the end of that tunnel and we can reach our full potential, but you have to make that commitment.? ? Olivia K.

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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Best Seller Publishing

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