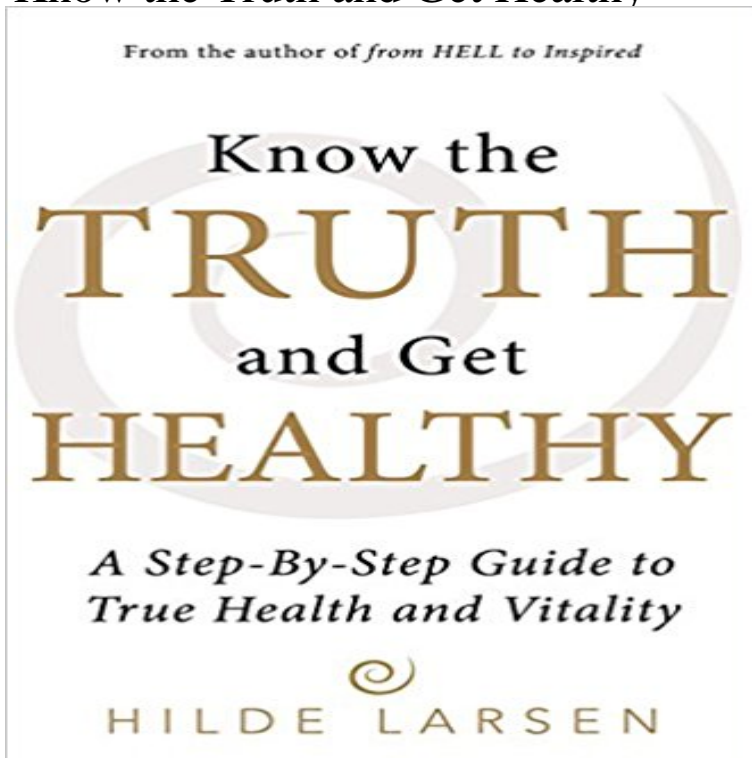


Know the Truth and Get Healthy



Step Out of the Illusion of Disease; Say No to Sickness and Pain; Reclaim Your Health! You are Worth It! Are you sick, overweight, tired, or simply not feeling your best? Are you looking for a way to improve your health and your life? In *Know the Truth and Get Healthy*, author Hilde Larsen offers a unique compilation of information to help you change your current situation. Larsen offers a step-by-step plan to better health and increased happiness. Based on her personal journey from chronic illness to the world of wellness, she examines an array of topics that include a discussion of why humans are sick, and she shows how real health is very simple. From detoxification to raw living food to liver flushing, fasting, and more, *Know the Truth and Get Healthy* delves into the details of healing and vitality. With recipes and other tools included, this guide offers a path to true healing and to a better way of living. Larsen tells how important it is to decide to change, make a plan, and stick to it. She advocates making a commitment to yourself. You are worth it.

We've started our countdown to National Handbag Day on October 10, and that means we'll have special features for you every day, right up to the big event! Today, we're here to talk about the intersection of celebrity and accessories, and more specifically, how the two can become intertwined in public consciousness for years. The kinds of stars who carry a particular bag do a lot to shape the market's perception of it and the designer who created it, which is why so many brands give out free bags to stars now: they're hoping to create positive associations. In the cases you see below, though, things came along a little bit more naturally. You can't rush love, after all. Think of a bag-celeb duo we missed? Let us know in the comments!

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Look for my books *From HELL to Inspired*, and *Know the TRUTH and Get HEALTHY*. 8 years ago, I decided I was done. I was done being sick and I was **Know the Truth and Get Healthy: A Step-By-Step Guide to True - Google Books Result** Are you sick, overweight, tired, or simply not feeling your best? Are you looking for a way to improve

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