



The Raw Truth Recharge: 7 Truths For Total Health and Fitness

Robbie Raugh

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"This book will without a doubt, transform your life." - Jill Kelly, wife of Jim Kelly and NY Times Best Selling Author, Speaker

"The Raw Truth Recharge was written by a graduate of the Institute for Integrative Nutrition. If you are looking for a book to significantly improve the quality of your life, your health, and your vitality, I highly recommend you read this book and be in touch with Robbie Raugh, RN so your life can be the best life possible. – Joshua Rosenthal, MScEd, Founder/Director, Institute for Integrative Nutrition"

The Essential Guide To Faith - Family - Food - Fitness

Do you feel sick and thick and tired? Do you think losing weight is about dieting, counting points, or counting calories? Maybe you're eating the right foods and not seeing results?

The Raw Truth Recharge will teach you 7 Truths about Faith, Family, Food, Fitness, Detox, Sleep, and Stress Management, and how all of them are vital to your health—mentally, physically, emotionally and spiritually. God's Word gives us clear instructions on how to take care of our body, and it's not just about what we eat and how much we exercise.

Learn how to increase your energy, be fit and feel healthy, decrease your body fat, increase your muscle mass, shape your body, cut cravings, take care of your body, and focus your energy to fulfill your calling. God's Word actually gives us clear direction on all of these truths.

The Raw Truth is that God wants us to be proactive about taking care of our bodies, our "mobile homes" or "temporary earth suits," with the right motives, to accomplish His purpose for our lives.

If you want to get lean, then you need to lean on the Lord! Do you need inspiration and motivation to either get or stay on track? Then this book is for you!

Robbie shares a deeply personal account from her private journals, as she faced both her own life struggles, along with the sickness and loss of her three immediate family members.

Learn that no matter what you are facing in life, if you seek God first, He will not only direct your paths, but He will give you peace and strength that surpasses all understanding.

Robbie Raugh, a Registered Nurse and Board Certified Integrative Health, Fitness, and Nutrition Practitioner, is armed with credentials. In this book she draws from her 30 plus years experience working in the Health, Nutrition and Fitness Industry. She also writes about her personal experiences and struggles with her own desire and preoccupation to be "thin and perfect", while having to be "on stage" as an International role model in the Fitness Industry, for over 3 decades. She has studied more than 200 dietary and fitness theories from World Class Doctors of Nutrition, Fitness and Wellness both from the School of Integrative Nutrition in NYC where she attended, and also throughout her vast 30+ year career in the Industry. Throughout Robbie's career she has seen and experienced many fitness and dietary theories first hand, and

knows what works, what doesn't work, and why. Robbie shares all of her secrets, tips of the trade and more, in this inspirational book - and that's the Raw Truth!

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Martha Silva:

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confuse using what must you're doing of this time.

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