

[PDF] All Health's Breaking Loose: Your Personal Boot Camp Guide To Becoming Your Authentic, Lean, Naturally Beautiful Self

Loa Blasucci - pdf download free book



Books Details:

Title: All Health's Breaking Loose:

Author: Loa Blasucci

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Description:

Your body represents to the world your history and the emotion you carry inside. This program is about you and the body you want to have. Loa has great respect for the depth of what the human body can endure and the powerful healing machine that it is. She sees the beauty inside you, and wants you to see it, too. There's no need to pay for a torturous workout regiment--her one of a kind program will urge you step by step down a path that will sculpt your body and purify your mind. As you journal your way through this 7-week experience, Loa motivates you with groundbreaking information on food and fitness offering insights all along the way. But, there's a Secret Ingredient, too: All Health's Breaking Loose contains the riches of Loa's 30 years of experience in the beauty and fitness industry. She made her mark in Hollywood as one of the top makeup artists in the business, making our beloved celebrities look their best in fashion magazines, television, and on the silver screen. Bob Hope, Eugene Levy, Hugh Grant, Sir Anthony Hopkins, Raquel Welch, James Caan, Courteney Cox, Mathew McConaughey, and Christopher Guest - a galaxy of stars have shone brightly because of Loa's touch. She's sharing those well-kept secrets here with you now so, when you see and feel what this program can do for your body, there's no choice but to let it shine through your face as well.

Today Loa is deeply rooted in the fitness industry as a certified sports nutritionist, fitness instructor and power trainer whose clients range from professional athletes and actors to stay-at-home moms and corporate executives. Loa teaches her one-of-a-kind mind and body-sculpting class fusing elements of yoga, guided meditation, energy and strength training in premiere gyms in the Los Angeles area. Loa designed and leads the Optimum Wellness Boot Camp, the curriculum which inspired and gave birth to this book. You can follow her bi-weekly column in the La Canada Valley Sun (a division of the LA Times) also entitled "All Health's Breaking Loose."

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