



Wonderfully Well: How We Lost 132 Pounds and Helped Our Bodies Heal

Celeste & Phil Davis

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Wonderfully Well is a motivational story, primer on healthy eating and living and a recipe book all in one. You will enjoy Phil & Celeste's motivational story of 132 pound combined weight loss, reversing type 2 diabetes and their journey to a healthy and fulfilling life. Included in the book are "why you should eat this and not that" guides, how to set up your kitchen, a healthy life plan, and a 28-day mostly raw food detox plan. Fresh vegetable and fruit juices are the cornerstone of the Wonderfully Well detox and healthy lifestyle. Through the detox many people find specific food intolerances at the root of chronic health problems and experience a new level of wellness. The 150 pages of delicious, simple and healthy juices, smoothies, salads, veggies, vegan dishes and desserts were class favorites from their whole food cooking classes in Franklin, Tennessee at a national chain health food market. You will find menus for every day, a 28-day cleanse and parties of all kinds. Even suggestions for healthier foods for family and friends who "fear change". Over a thousand people have read and applied these principles and experienced lasting changes in their lives and health. Reports from people who read and followed the Wonderfully Well plan: "You and your husband have done an amazing job of putting all of this "wellness information" together into such a useful format. As I've read through the chapters I've had so many "aha" moments where your great explanations have created such clarity. Thank you for writing down all the "why's" and helping me make sense of all this valuable health information." "After the first week I felt wonderful, like myself again! I don't ever want to go back to feeling the way I did before..." "I forgot what it felt like to really feel good." "After one year of good A1C tests my doctor took me off my diabetes medicine." "My blood pressure and cholesterol were normal in a matter of weeks and in just a few months I lost 55 pounds". "My doctor took me off all 5 of my medications in the third week...that was 5 years ago and I'm still doing great!" "I no longer fear my mortality...my doctor says I no longer need heart medication and my cholesterol is normal." "At 70 years old my doctor took diabetes off my medical record because I had two years of good blood work" "I love the recipes...they are easy and delicious and many even work for my non-health food friends and family." "I'm a foodie so I thought this would be hard but I've really just switched favorite foods!" "I've dropped 15 pounds in a month and a half." "My doctor took me off 17 years of thyroid medicine because I no longer need it and my vision has improved so I no longer need glasses." "My plantar fasciitis was so bad I couldn't walk for days. It was gone in two weeks and has not returned in over a year now." "I can't believe it! I've had allergies for decades...I no longer need allergy medicine."



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