



Reprogram your life: A personal Guide to Empower Your Mind, Energize Your Body, and Reverse Chronic Disorders

Siham Khalili

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This book offers a comprehensive approach to taking charge of your own health and living a vibrant disease-free life. It demonstrates how to reprogram our metabolism through a new set of mental and physical habits according to two main principles drawn from the sciences of biochemistry, nutrition, physiology, endocrinology, neurology and psychology. (1) Chronic disorders of obesity, diabetes, heart diseases and cancer are mostly rooted in inflammation and weakened immunity due to toxins, brain-body chemical imbalances, negative thoughts, and disturbed emotions. (2) We can effectively restore our wellbeing and reinforce our immunity through healthy eating, physical activity, eliminating body toxins, stress management, sleep improvement, and enriched personal relationships. The book – with its note-sheets and worksheets can be used as a self-help guide or an educational manual on healthy living and preventing chronic disorders.

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