



P.R.O.V.E.R.B.S. D.I.E.T. Wellness Plan: Sowing Seeds of Wellness

Ms. Melissa A. Boston

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Every Monday, ten million people go on a diet, and yet we are more obese and suffer more than ever. This leads us to spending over \$2.5 trillion on healthcare, and we are still dying prematurely. P.R.O.V.E.R.B.S. D.I.E.T. Wellness Plan [PDWP] exposes the truth of why we are under attack and dying physically, mentally, and spiritually. PDWP is based on biblical principles, scientific evidence and validation from real people. Are you tired of the endless cravings, stubborn belly fat, joint discomfort, thyroid issues, prostate problems, endless medications, health challenges and the diet rollercoaster? The book of Proverbs is the book of wisdom. Proverbs 4:23 NLT tells us, “Above all else, guard your heart, for it determines the course of your life.” In this verse, “heart” refers to one’s mind. So, if our mind determines the course of our life, if we do not guard it, disease will occur inside of our body and alter our course forever. The reality is most people overeat because they are deficient in the one fat designed to nourish their mind. This is the only DIET that addresses the 8 essential resources and 4 steps that must happen for a wellness revival! We reveal to you a simple system that is easy to follow with specific recipes that turn off the cravings and curb the appetite immediately, even in the most stubborn cases. It also includes a 28-day launch or an 84-day transformation period, it's your choice. We recommend 84 days because it equals 12 weeks, the exact time required to renew mind, body and spirit. Biblically speaking 8 and 4 are very significant numbers. We are under attack and dying mentally, spiritually and physically. It is time for P.R.O.V.E.R.B.S. D.I.E.T.

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Elda Baggett:

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