



Become a Wellness Champion

Pam M. Bartha

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Become a Wellness Champion Pam M. Bartha

Pam Bartha, BSc, PDPP, is a Wellness Champion. Clinically diagnosed with a debilitating illness at the age of 28, she chose a non-prescription approach to therapy. Now more than 20 years later and still symptom free, she coaches others on the life-changing principles of wellness and prevention beyond pharmaceuticals.

Become a Wellness Champion reveals dynamic new insights into disease and prevention that will:

- * Dispel confusion and frustration about wellness
- * Equip readers to quickly discern effective wellness strategies from marketing hype
- * Show readers how to reach and maintain their perfect body shape for life
- * Demystify the use of dietary supplements
- * Help readers to identify and minimize the impact of silent infections and dysbiosis
- * Equip readers to work more effectively with their health care professional

Whether the reader has recently received a difficult diagnosis or is just interested in minimizing his/her dependence on the current health care system, Become a Wellness Champion is an essential guide to a longer, healthier, and happier life. This book is written for the general public but contains many scientific peer-reviewed references.



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