



# The 180 Health Transformation Guide

*Dr. Dominic R. Tarinelli*

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**The 180 Health Transformation Guide** Dr. Dominic R. Tarinelli

Today many of us find ourselves asking the question How did I get to this point? Overweight tired out of shape stressed out and heading toward a total health disaster! These two simple solutions have the power to drastically transform your life from poor health to optimal health a complete 180 turnaround.

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