



The 5 Points of Posture: the Missing Link to Fat Loss, Overall Wellness, and to becoming Respected, Adored, and Wealthy

Jumper Publications and Media

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Selfcare Strategy #8

All original content - as are all of Jumper Publications

ABC Water and the Number Crunch Diet - alkalinity, the untold secret to health and energy

NCD Flaxseed Shake Recipe - the Number Crunch Diet method for getting omega-3

Nontoxic Teeth Whitening - chemical-free dental hygiene and personal sanitizer

12 Changes A Year - build a NCD recipe repertoire

No doctors or diagrams, it's a posture class by those who rely on posture for a living - Ballet Dancers.

This book applies to everyone, but particularly useful as the polishing touch for the business professional.

Also useful for anyone looking to be more "grounded" and "unmoved".

Say good-bye to being intimidated.

Jumper Publications and Media - light years beyond the "diet and exercise" advice

When you take control of the numbers you take control of your weight.

Includes two free reports - JPM Oral Hygiene Protocol

the secret weapon for clean gum lines

discover a nontoxic food-grade mouthwash

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