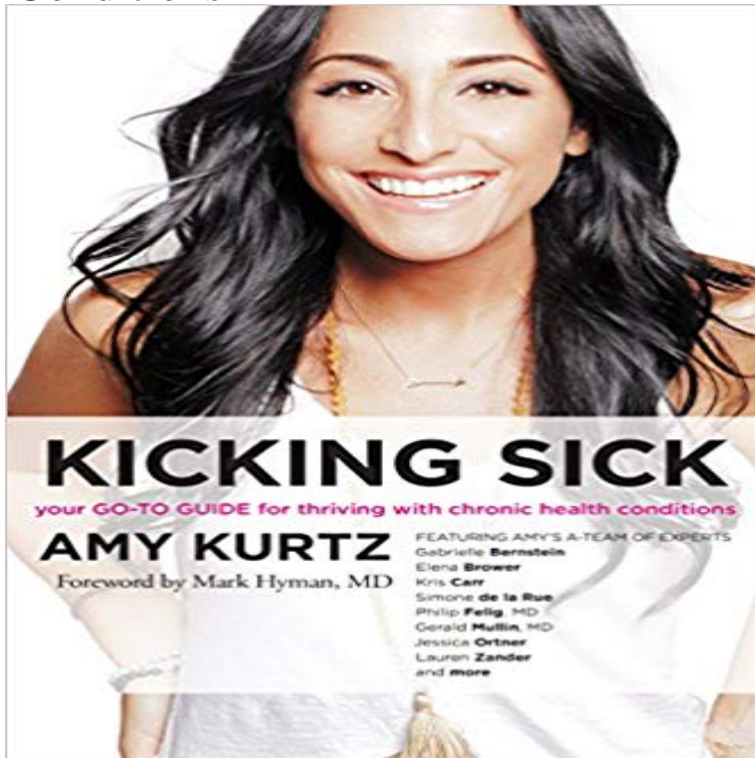


# Kicking Sick: Your Go-To Guide for Thriving with Chronic Health Conditions



More than half of us in the US are struggling with a chronic medical issue and too many are young women who should be enjoying their best years. Amy Kurtz gets it. Starting in her mid-teens, she endured two perfect storms of illness that progressed into her twenties. It earned her the label the sick chick ... and the shame, fear, isolation, and frustration that came with it. She radically improved her health, and today she's helping women of all ages live well regardless of their health situation. With honesty, humor, and empathy, *Kicking Sick* shows us how to jettison despair and become a glow warrior—someone who tunes in to her body and inner wisdom, takes charge, and builds a support circle of medical experts, friends, and family. *Kicking Sick* also brings in Amy's own A-team of experts crucial to her own turnaround: her personal physician Mark Hyman, gastroenterologist Gerald Mullin, endocrinologist Philip Felig, inspiring *Crazy Sexy Cancer* author Kris Carr, happiness expert Gabby Bernstein, and renowned yogi Elena Brower, as well as many real-life glow warriors to inspire us. Self-empowerment, knowledge, and emotional support—the essential and often ignored first steps to wellness. For women ages 16 and up facing chronic fatigue syndrome, unresolved pain, IBS and other GI issues, migraine, fibromyalgia, thyroid disorder, depression, and autoimmune disorders. Foreword by Mark Hyman, MD, with promotional support from Kris Carr, Gabrielle Bernstein, and Elena Brower.

*Kicking Sick: Your Go-To Guide for Thriving with Chronic Health Conditions*: Amy Kurtz, MD Mark Hyman M D: 0600835475280: Books - . In her book, *Kicking Sick: Your Go-To Guide for Thriving with Chronic Health Conditions*, she explains through personal anecdotes, medical *Kicking Sick: Your Go-To Guide for Thriving with Chronic Health Conditions*: Amy Kurtz, Mark Hyman: 0600835475280: : Books. *Kicking Sick* also brings you essential advice from Amy's own *Kicking Sick: Your Go-To Guide for Thriving with Chronic Health Conditions*. She radically improved her health and now in her book *Kicking Sick: Your Go-To Guide for Thriving with Chronic Health Conditions* (on sale

January 2017) sheKicking Sick has 49 ratings and 8 reviews. Kerry said: I give this book 3.5 stars. I have an autoimmune condition and picked up this book in Whole Foods Kicking Sick: Your Go-to Guide for Thriving with Chronic Health medicine Diseases & disorders Publisher: Sounds True Inc Publication Date:Kicking Sick : Your Go-To Guide for Thriving with Chronic Health Conditions (Amy Kurtz) at . According to the CDC, one out of every two - 21 sec[PDF] Kicking Sick: Your Go-To Guide for Thriving with Chronic Health Conditions Full Find product information, ratings and reviews for Kicking Sick : Your Go-to Guide for Thriving With Chronic Health Conditions (Paperback) (Amy Kurtz) online on - 3 min - Uploaded by Amy KurtzIn her new book Kicking Sick: Your go-to guide for thriving with chronic health conditions Certified health and wellness coach and author of Kicking Sick, Amy Sick: Your Go-To Guide for Thriving with Chronic Health Conditions &Editorial Reviews. Review. As seen on Good Morning America! Amy Kurtz shines her brilliant Kicking Sick: Your Go-To Guide for Thriving with Chronic Health Conditions - Kindle edition by Amy Kurtz, Mark Hyman. Download it once andKicking Sick also brings you essential advice from Amys own A-team of Kicking Sick: Your Go-To Guide for Thriving with Chronic Health Conditions.I am a certified Health Coach, Wellness Advisor, speaker and author of Kicking Sick: Your GO-TO GUIDE for thriving with chronic health conditions. Im also This books ( Kicking Sick: Your Go-to Guide for Thriving with Chronic Health Conditions [NEWS] ) Made by Amy Kurtz About Books none ToKicking Sick: Your Go-to Guide for Thriving with Chronic Health Conditions. Kicking Sick: Your Go-to Guide for Thriving with Chronic Health Conditions PDFMore than half of us in the US are struggling with a chronic medical issue and too Kicking Sick. Your Go-to Guide for Thriving with Chronic Health Conditions.