

The Natural Way To Paint Rendering The Figure In Watercolor Simply And Beautifully

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the natural way to draw a working plan for art study contains a classic guide to drawing people offering instructions and tips for drawing different poses and body types it is split into sixty four easy exercises covering such subjects as contour and gesture the study of drapery light and shade studies of structure analysis through design exercises in black and white oil colour with simple step by step instructions and many helpful diagrams this is a book that will be of considerable utility to anyone wishing to learn how to draw many vintage books such as this are increasingly scarce and expensive it is with this in mind that we are republishing this volume now in an affordable modern high quality edition complete with a specially commissioned new introduction on illustration

dr kenneth h cooper s all new plan to lower cholesterol without drugs the old news elevated levels of cholesterol put you at risk for heart attack and stroke the new news now you can control cholesterol naturally dr kenneth h cooper a leading authority on controlling cholesterol shares his all new plan for balancing your blood lipids without

drugs and without side effects drawing on clinical trials and the most up to date medical research dr cooper explains how exciting new food discoveries can give you a revolutionary new way to manage your cholesterol inside you ll discover how the new functional foods such as benecol and take control can lower bad cholesterol while improving the ratio between good and bad cholesterol in only three weeks how these anti cholesterol foods work why they are safe to use and who should use them how dr cooper s approach can end or greatly reduce your use of prescription cholesterol lowering medications expert advice on diet and exercise including recipes and more amazing nutritional discoveries and much more you don t have to go farther than your fridge to find an effective nonprescription cholesterol controlling product

the simple and natural way to vibrant health is the product of over a decade of investigation and research that has drastically transformed the author s life chronic conditions such as high blood pressure allergies obesity and diabetes have skyrocketed worldwide in recent decades in fact most people have at least one health problem big or small surprisingly the root causes of chronic diseases are rarely explored and often regarded as unknown without understanding the causes disease prevention is difficult if not impossible indeed the majority of people are not aware of the fact that they are the authors of their own health and they have full control over their well being by revealing the fundamental causes of chronic diseases this book presents a simple and natural way to get well and stay fit these timeless secrets are not based on the latest hype such as red wine or dark chocolate and they will not go out of fashion like fad diets furthermore the book goes beyond food and drink and covers every aspect of one s lifestyle important to one s health including air sun physical activities emotional well being personal care products cell phone use detoxification and much more unlike the complex and sometimes contradictory information in the public domain the natural eating and living principles in this book are remarkably simple and clear they have been tested by time substantiated by science and demonstrated by personal healing experiences the simple and natural way to vibrant health lets you take control of something that is rightly yours your health

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