



Healthy
Beauty,
Ageless
Beauty

Denie Hiestand

Foreword by Dame Adrienne Papp

Healthy Beauty, Ageless Beauty

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DEDICATION

I dedicate this book to all my clients I have seen over the years who have helped push my understanding on *how* this body works and what causes it to malfunction. Now I can share my knowledge with you, so we can all help make this human experience more healthy and beautiful.

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Foreword

By Dame Adrienne Papp

The brilliance of Denie Hiestand is obvious from his words as he describes the electrical nature of *how* our body works, and in general, the human existence.

After reading this well-written summary of how we are “wired,” I now have the clearest understanding about the most basic principals that we scientifically know from quantum physics, but are shy to apply in our daily lives. Hiestand gets practical and injects a great sense of humor, which makes this book not only fun to read, but also a must-read. I do not promise that your life will change, I KNOW it will.

Hiestand takes a refreshingly, unapologetic approach to challenge commonly accepted views on health and beauty. By masterfully describing *how* the body works, Hiestand’s down-to-earth, logical explanations make seemingly complex concepts accessible and understandable so that no confusion remains.

In order for us to feel vibrant and ready to create positive changes in our lives and in the world, we must take time for renewal on a molecular level. Grant yourself the permission to step away from the “busyness” of your life, for physical and spiritual self-care, by absorbing and embodying these words. I invite you to let go of all that has come before this moment.

Surrender your entire being completely to the blessed peace of understanding that you have all the power within you to create anything in your life, including healthy, ageless beauty.

Hiestand is a gift to the world; he offers you the choice to turn your attention away from darkness toward the light of divine life within. He moves you from fear into freedom and a higher consciousness for you to grow into who you TRULY are, and find your unlimited potential for *Healthy Beauty, Ageless Beauty*.