



# The 30 Day Total Health Makeover

*Marilu Henner, Laura Morton*

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**The 30 Day Total Health Makeover** Marilu Henner, Laura Morton

**Are you ready to make a change?  
Spend a month with Marilu!**

"Health is not just about weight or appearance, but rather about a much bigger picture. I really believe that you can't be a healthy person unless everything is working together. Your body, your mind, your living space. Live in my world for 30 days and I promise you will feel better."

-- Marilu

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