



# **I Can't Keep It To Myself: My Journey to Divine Health & Discoveries Made Along The Way**

*Ms. Revoydia Jean Rollerson*

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I Can't Keep It To Myself is a memoir that chronicles the authors journey to divine health. After three cancer diagnoses it was clear that something had to change and through in-depth study and research the author discovered that diet and nutrition play a significant role in disease prevention and even disease reversal. This book will increase your knowledge regarding the importance of taking control of your health. It will also raise your level of awareness as it relates to foods your consume on a daily basis and how toxin exposure effects your overall health. You'll be encouraged to take charge of your health so you can live and thrive in optimum health.

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