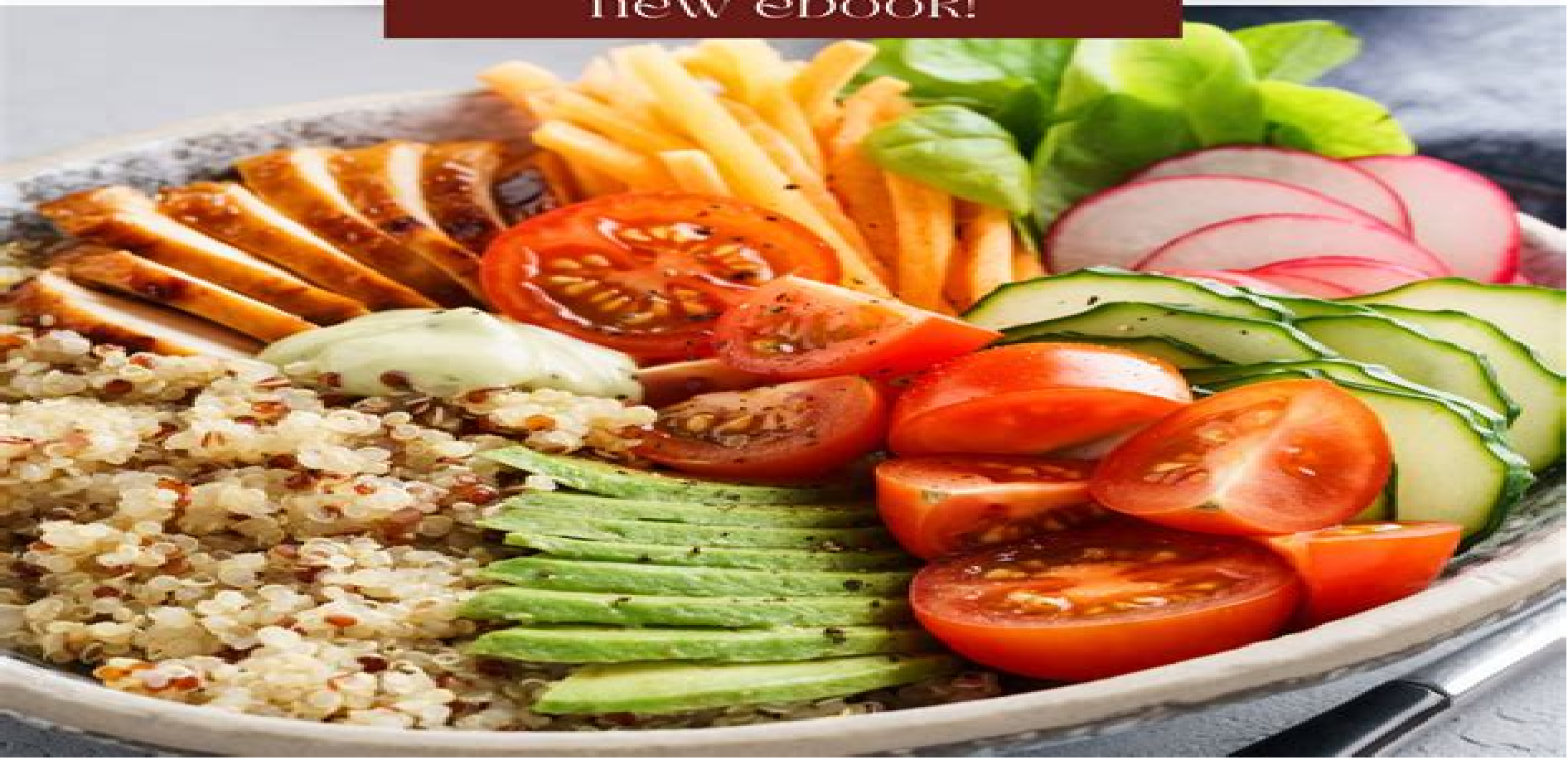


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**American Medical Association Complete Guide to Prevention and Wellness** ,2008-10-01 MORE THAN 3 MILLION AMERICAN MEDICAL ASSOCIATION BOOKS SOLD From America's most trusted source for medical advice a comprehensive guide to preventing illness and promoting wellness If you're one of the millions of people who have decided to take more direct control of their health by focusing on illness prevention and self care the American Medical Association Complete Guide to Prevention and Wellness is the resource you need This authoritative guide provides valuable information to help you prevent disease and stay healthy throughout your life It lays out the foundations of good health and shows you the basic steps you can take to reduce your health risks and prevent major illnesses such as heart disease stroke type 2 diabetes high blood pressure and some forms of cancer You will learn how to avoid these and other common afflictions by making lifestyle changes and understanding what your body needs to stay fit and healthy Filled with leading edge information this indispensable reference also describes key risk reducing measures from eating a healthy diet and being more physically active to reducing stress getting a good night's sleep and having all the recommended screening tests You will find the most effective techniques for avoiding food borne illnesses and you'll learn how to minimize specific risks for children adolescents women and men Comprehensive in scope easy to navigate and filled with clear helpful information and illustrations the American Medical Association Complete Guide to Prevention and Wellness is the essential health resource for every age and stage of life

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Ozner author of The Miami Mediterranean Diet reveals groundbreaking truths about what actually helps prevent and reverse heart disease and what isn't worth the money or risk Discover disturbing realities from a cardiologist about the billion dollar cardiovascular intervention industry While a minority of patients may benefit from surgery Ozner uncovers that the majority can employ much simpler methods such as diet exercise and medical therapy to achieve better results without stents or surgery Most important The Great American Heart Hoax provides a 10 step program to improve your heart health and reduce your risk of heart disease     Ultimate Body-Building And Fitness Wings of Success, Body Building Tips For Success Body Building When To Start And Stop Body Building Time Management Body Building Clothes And more     **7-Day**

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**The PDR Family Guide to Nutrition and Health** ,1995 A complete guide to sensible health and nutrition covering weight loss heart health cancer prevention stress energy fitness and more also evaluates leading cookbooks diet plans exercise programs fast food ethnic food and junk food

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American Book Publishing Record ,2006      **Fitness and Wellness** Werner W. K. Hoeger,2002      **Journal of the American Medical Association** American Medical Association,1895 Includes proceedings of the Association papers read at the annual sessions and list of current medical literature

**Körperschaftenkatalog** Universität Kiel. Institut für Weltwirtschaft. Bibliothek, 1967      **Nutrition and Diet Therapy**

Corinne Balog Cataldo, Jacquelyn R. Nyenhuis, Eleanor Noss Whitney, 1989 With engaging coverage of core nutrition concepts and up to date clinical content Cataldo DeBruyne and Whitney's text provides the ideal introduction to nutrition and diet therapy From basic facts and practical information to assessments and case studies this Sixth Edition provides the contemporary and comprehensive approach you need to gain knowledge and achieve confidence in the course Book jacket

*U.S. News & World Report*, 2006

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