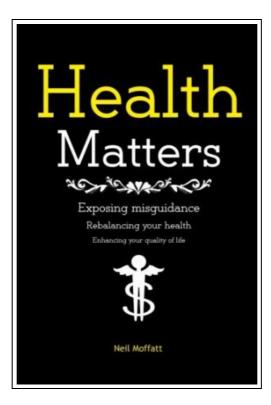
## Health Matters: Exposing and Correcting Misguidance. Rebalancing and Enhancing Your Health. (Paperback)



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A must buy book if you need to adding benefit. It is actually rally fascinating throgh studying time. Your way of life span will likely be transform as soon as you complete looking over this publication. *(Ms. Bernice Rolfson)* 

# HEALTH MATTERS: EXPOSING AND CORRECTING MISGUIDANCE. REBALANCING AND ENHANCING YOUR HEALTH. (PAPERBACK)



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Createspace, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Our health should be precious to us, but we often mishandle it. We also succumb to misguidance from advisers on many health matters such as nutrition, lifestyle, and even to prescription drugs that can harm us more than help us. This book exposes and attempts to correct such misguidance. With a more realistic understanding of how politics and industry affect our well-being, the book then offers guidance across a broad spectrum of physical, emotional, mental and spiritual health matters. Acting in essence as a meta self-help book, it aims to rebalance and enhance your health, interweaving a number of common themes along the way. Ultimately, health matters to the quality of your life.

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