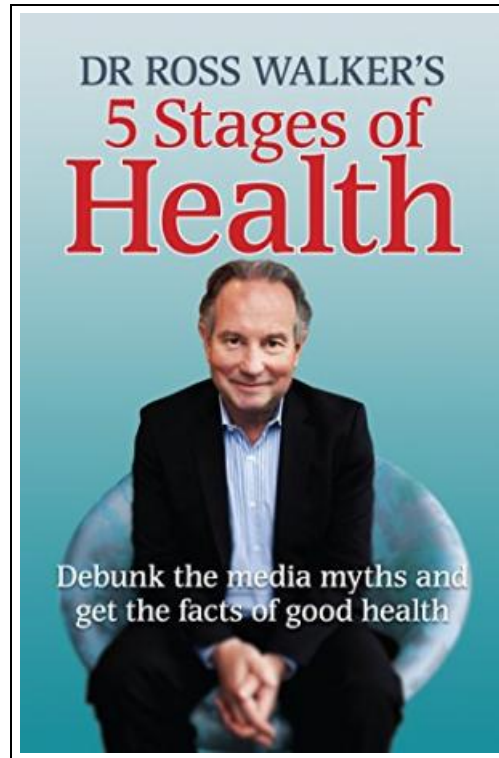


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Reviews

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Transworld Publishers (Division of Random House Australia), Australia, 2012. Paperback. Condition: New. Language: English . Brand New Book. In the 5 Stages of Health respected cardiologist and media personality Dr Ross Walker debunks the myths of modern health and gives you the facts you need. How many of us have constant niggles, maybe a chronic complaint, can't lose weight, feel persistently tired and often stressed? Tick any of these boxes and there is something in The 5 Stages of Health for you. Over the past 20 to 30 years we have seen the emergence of the wellness industry - offering wellness in many forms. Wellness centres, health magazines, internet sites and a variety of products promise cures for everything from wrinkles to Alzheimer's disease and even haemorrhoids. Throughout the world people are spending thousands of hard-earned dollars each day on these products and services, hoping to look younger, feel younger and live longer. But does any of this stuff work or is it just a sham? In The 5 Stages of Health Dr Ross Walker debunks the myths and hype of modern health and gives you the facts. You get the truth about what are the real modern killers, what you can do to slow the ageing process, what vitamins and supplements can make a difference and what you need to be doing.

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