

SECRETS OF NUTRITION AND LONGEVITY



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Bookstand Publishing, United States, 2013. Paperback. Book Condition: New. 211 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.The nutritional landscape in the U.S. is in shambles. Chronic diseases and illnesses are rampant. Americans spend more on diets, exercising and health-related activities than all other developed nations and yet lead sicker and shorter lives. Why? This has not been an easy question to answer until the veil of secrecy and conspiracy has been lifted on Big Agra. Americans consume too many salty, sugary and saturated fatty foods that produce endless health afflictions, i.e., obesity, diabetes and cardiovascular conditions. In addition, environmental assaults, such as air pollution, radiation, pesticides, and drinking water quality, have contributed to the collapse of Western health. Secrets of Nutrition and Longevity will navigate the reader through a compilation of the latest naturopathic and nutrition therapies that will mitigate and eradicate many health concerns and bestow upon the reader a healthier and longer life.



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