

## Water Can Undermine Your Health

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our bodies need from two to four quarts of water each day to maintain good health this book will show you how to protect yourself and your family from deadly bacteria viruses chemicals and other pollutants that are present in a large percentage of public water supplies dr walker s treatment of water pollution is revealing comprehensive and scientific his findings and his recommendations for corrective action offer new hope

the uk s leading diet and fitness expert joanna hall shows you the healthy way to shed excess pounds in a day this fantastic plan is a refinement on the typical low gi diet it is complimented with a 20 day follow on plan which builds up in very small steps day by day joanna s mantra is small steps make big changes

get ready to lose are you sick of having no energy do you struggle to get out of bed in the morning do you feel lethargic and unattractive do you want to change from the smash hit australian version of this worldwide phenomenon comes an authoritative diet and exercise program that will change your life the book draws on the expertise of some of australia s leading nutritionists and trainers and features a foreword and fitness program from new australian biggest loser trainer shannan ponton

i believe dr rosedale s method will positively shape our ultimate understanding of what constitutes healthy nutrition eric c westman md new york times bestselling author finally the ultimate diet for fast safe weight loss lifelong health and longer life based on more than twenty years of research and the latest findings on appetite and weight metabolic specialist ron rosedale md has designed the rosedale diet to regulate the powerful hormone leptin which controls appetite and weight loss by telling the brain when to eat how much to eat and when to stop new research shows that leptin may be one of the body s most important hunger control mechanisms control leptin and you control your weight dr rosedale s 21 day diet plan is simple just select from the many foods on his a list including healthy fat

foods such as avocados nuts olives lobster crab shrimp goat cheese cornish game hen venison and more then gradually add foods from the b list such as steak lamb chops fruits beans and so on a 28 day menu plan and more than 100 recipes such as dilled salmon and fresh asparagus gingery chicken soup lasagna black bean wrap raspberry mousse cake and french silk pie make eating the rosedale way deliciously easy the rosedale diet will make you feel satisfied reduce cravings and put you in control of your sweet tooth it can even help eliminate or reduce heart disease hypertension diabetes and other conditions associated with natural aging as many of dr rosedale s patients can attest you ll find inspiring stories from them and the power to control your weight and improve your health in this groundbreaking book

aging doesn t have to mean failing physical health declining mental acuity disease frailty and life in a nursing home you can extend your good health as you grow older by using the best of natural medicine in prolonging health dr james williams o m d shows that there s no reason you can t live to well over 100 years enjoying good health all the while based on the latest medical findings dr williams presents a practical 10 point plan to prolong your health by understanding and changing the ten major causes of aging he shows how to strengthen your heart revitalize your brain rebalance your hormones repair your dna prevent degenerative disease detoxify your cells avoid insulin resistance this definitive guide to longevity includes more than 90 self help tips a special discussion on aging and the brain and specific points for having an informed talk about aging with your health care provider dr williams author of viral immunity says one thing is certain the better your health the longer you will live and live well

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