

SAVE YOUR LIFE

a handbook for preventing

heart attacks
cancer
strokes

by Lewis Cope

Save Your Life A Handbook For Preventing Heart Attacks Cancer Strokes

Eve Adamson



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Save Your Life Lewis Cope,1979 *Current Catalog* National Library of Medicine (U.S.),1979 First multi year cumulation covers six years 1965 70 Program 120 Female Handbook A Danny Purser,2015-08-26 Program120 Female A Handbook on Preventive Medicine A condensed version of the first ten chapters of his famous Program 120 textbook on disease prevention in this book Dr Purser discusses the top 10 causes of death in women and also provides all the known steps at that time to prevent them He discusses such things cardiovascular disease strokes preventable accidents trauma breast and colon cancer diabetes and kidney failure Everything is highly referenced and researched Discover all the known western medical options that are known to prevent the top causes of death and learn to improve your life **Program 120 Male Handbook A** Danny Purser,2015-08-26 Program120 Male A Handbook on Preventive Medicine A condensed version of the first ten chapters of his famous Program 120 textbook on disease prevention in this book Dr Purser discusses the top 10 causes of death in men and also provides all the known steps at that time to prevent them He discusses such things cardiovascular disease strokes preventable accidents trauma lung and colon cancer diabetes and kidney failure Everything is highly referenced and researched Discover all the known western medical options that are known to prevent the top causes of death and learn to improve your life *This Book Could Save Your Life* Graham Lawton,2020-05-12 You are what you eat Food and diet have an enormous influence on your health and well being but eating the right amount of the right things and not too much of the wrong things isn't easy But as in most walks of life knowledge is power This book will empower you to eat healthily lose weight and sort the fads from the science facts This is the New Scientist take on a New Year New You book an eye opening and myth busting guide to everything from sugar to superfoods from fasting to eating like a caveman and from veganism to your gut microbiome Forget faddy diet books or gimmicky exercise programs this is what is scientifically proven to make you live longer and to be healthier and happier **The Everything Low Cholesterol Book** Murdoc Khaleghi,2010-11-18 Lowering high cholesterol involves more than just taking medication or trying to eat healthier It entails a complete lifestyle overhaul In this guide Dr Murdoc Khaleghi helps you make the changes that can mean the difference between life or death He explains How cholesterol and heart disease are related What dietary changes you can make to lower your cholesterol Why some cholesterol is actually good How a family history of cholesterol can be a contributing factor The benefits of exercising at a moderate level This updated edition includes 100 heart healthy recipes as well as expanded information on meal planning and exercise Dr Khaleghi puts the responsibility in your hands arming you with all the tools that you need to live a happy healthier life *Program 120 Female Handbook B* Danny Purser,2015-08-26 Program120 Female B Handbook on Preventive Medicine A condensed version of the last half on the benefit of hormones of his famous Program 120 textbook on disease prevention in this book Dr Purser a pituitary endocrinology researcher lecturer and author discusses normal lab values in women He addresses proper testing diagnosis and hormone replacement therapy for

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