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SAVE SAVE YOUR LIFE

Bruce Fife

Foreword by Charles T. McGee, M.D.

Saturated Fat May Save Your Life Paperback

Bruce Fife

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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 This Book May Save Your Life Dr. Karan Rajan, 2024-01-09 1 SUNDAY TIMES BESTSELLER A hilarious myth busting survival guide that explains the weird and wonderful bodily functions that keep us alive and how to make them work better for longer from TikTok's favorite doctor the go to expert for a generation The Telegraph Dr Karan Rajan reveals his health hacks that may save your life In a world of charlatans and social media snake oil salesmen he provides a voice of reason Mail on Sunday Your body is incredible but it s also out to destroy you Your brain is like an early computer operating system riddled with bad code slow to load and more likely to watch cat memes than go to sleep You d be a mess without your skeleton but it can be a bony cage if you re tortured by backaches niggling neck pain and knee joints that crumble under pressure And your nose is a design disaster getting blocked springing leaks and growing random tufts of hair You are the sum total of a lot of mistakes trials and errors and you have to learn to live with them as best you can That's where this book comes in Here's everything you need to know to slow the inevitable decay that's plagued your body from the moment of your birth You will Enjoy the most epic and efficient dump of your existence Optimize brain efficiency by putting an end to multitasking Give your breath a sniff test to assess your health Start treating your eye socket dumplings with the respect they deserve Here's how to keep all your organs living in peaceful harmony so that you can enjoy a better longer healthier life Saturated Fat May Save Your Life Bruce Fife,1999 **Saturated Fat May Save Your Life** Bruce Fife, 2003 Better Health through Natural Healing, Third Edition Ross Trattler, N.D., D.O., Shea Trattler, 2013-11-05 The definitive reference book for alternative medicine health and healing nutrition herbs and herbal medicine and natural health care is fully updated in this third edition First published in 1985 Better Health through Natural Healing has become one of the most successful and authoritative resources of its type with more than 1 5 million copies sold worldwide Since the original publication of this comprehensive guide alternative therapies have become more and more accepted by the mainstream and patients and practitioners of the wider medical community are embracing complementary medicine as an effective treatment option for a range of medical conditions This third edition has been fully revised by Dr Ross Trattler with the assistance of his son osteopath Shea Trattler to encompass recent developments in holistic medicine and healing The first part of the book clearly explains the principles of natural medicine including diet osteopathy naturopathy botanical medicine

The South Beach Heart Program Arthur Agatston, 2006 Introduces a program emphasizing a preventative rather than a therapeutic attitude toward cardiac health detailing four key elements heart healthy eating functional fitness advanced The New American Diet System Sonja L. Conner, William E. blood test and heart imaging and protective medications Conner,1992-01-15 From the authors of the bestselling The New American Diet comes a breakthrough guide that ends the confusion about saturated fat and cholesterol in foods summing up the heart healthiness of every food choice in one simple measurement Charts graphs tables The Prostate Cancer Protection Plan Dr. Bob Arnot, 2001-04-15 Here is a common sense and exciting new plan to protect men against prostate cancer The foods men eat can have a profound influence on whether or not they get clinical prostate cancer Arnot describes these foods and how we can use them as part of a sensible and delicious eating program He bases his menus on the cuisines from other cultures where the incidence of prostate cancer is dramatically less than in the U S Includes delicious recipes advice on eating out stress busting techniques fitness programs a self test for assessing your own risk and other prostate cancer fighting strategies such as promising new drugs and supplements Life Skills Curriculum: ARISE Basic Health 101, Book 2 Edmund F. Benson, Susan Benson, 2011-07 Teen Health Life Skills CurriculumHow do we motivate students to develop healthy nutritional habits without promising each one of them a new Corvette We did it without resorting to bribery It s all hereeating disorders food facts the food pyramid and much more Students will really eat it up because they learn by working in groups not by themselves Watch the energy build as they realize how exercise and proper nourishment supercharge their minds memories and social lives Learner s Workbook The corresponding 86 page health life skills Learner s Workbook includes 60 pages of learner s worksheets 3 inspirational biographies 4 short stories and 4 motivational posters

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