

Save your health & your money too (An Arc book)

Doyle, Patrick J

Note: This is not the actual book cover

Save Your Health Your Money

Ying-Ying Zheng



Save Your Health Your Money:

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problems It is not practical to go back to the old civilization and avoid pollution It is not fruitful to advice aged people to do exercise or busy people to live in a pollution free environment A simple and easy method is therefore suggested for preventing disease to take sufficient chlorophyll and color pigments bioflavonoid which are available and plenty in nature in fruits vegetables green leaves and nontoxic colored flowers The role of detoxification intake of dietary fiber and five basic cares are the other important aspects to increase the longevity The author also highlights an alternative but easy method of treatment of disease and maintenance of health by introducing home medicine for family treatment Under this system the number of medicines is only few about ten hence there is no confusion of application of medicine Thus the book provides us basic information on the causes of disease and how to keep away disease from life Hope many people will be benefited by keeping this book

Māhābote Astrology: Lifetime Verdicts for WEDNESDAY Born 1875Astrology,2025-06-10 Embark on a celestial astrology journey to explore the connection between the cosmos and individual lives offering a deeper understanding of who we are and our place in the world According to Myanmar traditional astrology the day of the week you were born reveals profound insights about your life guiding you in understanding your identity and life path This book presents a detailed astrological forecast for individuals born on Wednesday or Wednesday evening focusing on their fortunes in various aspects of life including career finances relationships and health at specific ages throughout their lifetime Individuals born on Wednesday morning are guarded by the Tusked Elephant which symbolizes wisdom strength and resilience Individuals born on Wednesday evening Rahu are guided by the Tusk less Elephant representing adaptability mystery and transformation

[How To Score an A+ In Your Financial Future: In 10 Easy Lessons](#) , **Progress and Achievements of the Colored People** Kelly Miller,Joseph R. Gay,2022-06-03 Kelly Miller discusses the story of the advancement of colored Americans It also discusses their past accomplishments present day opportunities and possibilities for the near future A book for self improvement for everyone who desires great and true success

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Insurance for Dummies Jack Hungelmann,2009-05-04 Now updated your guide to getting the best insurance policy Are you intimidated by insurance Have no fear this easy to understand guide explains everything you need to know from getting the most coverage at the best price to dealing with adjusters filing claims and more Whether you re looking for personal or business insurance you ll see how to avoid common pitfalls lower your costs and get what you deserve at claim time Get to know the basics understand how to make good insurance decisions and reduce the chances of a financial loss in your life Take your insurance on the road manage your personal automobile risks handle special situations insure recreational vehicles and deal with insurance adjusters Understand homeowner s and renter s insurance know what is and isn t covered by typical policies common exclusions and pitfalls and how to cover yourself against personal lawsuits Buy the right umbrella policy discover the advantages and coordinate your policies to cover the gaps Manage life health and disability risks explore individual and group policies understand Medicare basics and evaluate long term disability and long term care insurance Open the book and find The best life health home and auto policies Strategies for handling the claims process to get what you deserve Tips on adjusting your deductible to suit your lifestyle How to navigate healthcare policies Ways to reduce your risk and your

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Lindsey,2007 A high school textbook designed to promote lifelong fitness and well being encouraging students to develop an
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fitness activities **American Builder** ,1923 Melinn v. Melinn, 329 MICH 98 (1950) ,1950 86

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