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A COMPLETE GUIDE TO
BETTER HEALTH THROUGH NUTRITION

by Carlton Fredericks, Ph.D.



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First published by Dell Publishing Co., New York, N.Y., 1964

Look Younger Feel Healthier

Anthony V. Benedetto



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Living Longer and Reversing Aging Jairo A Puentes M.D. and Clara Puentes,2018-10-29 The fountain of youth is closer than you think but finding it requires discipline Jairo A Puentes M D teams up with his wife Clara I Puentes to share a blueprint to looking and feeling younger in this guide to revitalizing health Using an acronym DRESS SS they focus on seven key areas diet rest exercise stress management sleep sexuality and spirituality The authors highlight recent research that reveals how to select proper nutrients and supplements for better health as well as how to fix hormonal imbalances that occur as we age Using vitamins supplements and herbs as part of complementary medicine you ll be able to reverse the aging process and live a longer and happier life The book also explores the effect of free radicals on DNA as a

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Look Younger Feel Healthier Book Review: Unveiling the Magic of Language

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