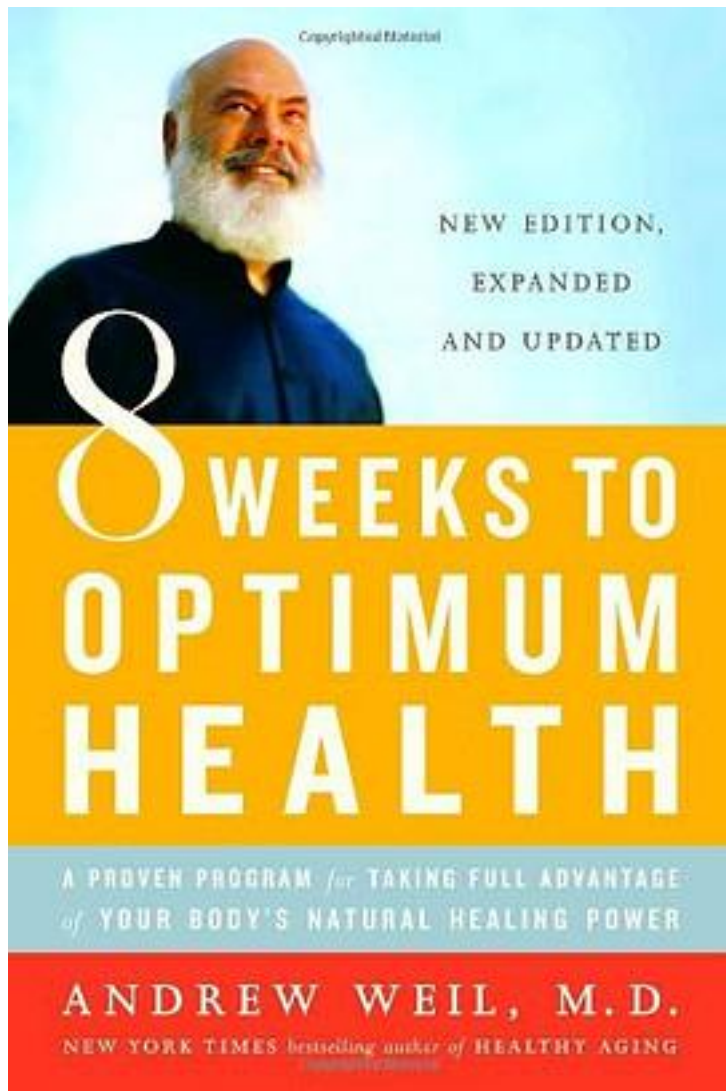


8 Weeks to Optimum Health



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著者:Andrew Weil

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Now expanded and updated—the #1 New York Times bestselling book in which one of America’s most brilliant doctors shares his famous program for improving and protecting your health

Eight Weeks to Optimum Health lays out Dr. Andrew Weil’s famous week-by-week, step-by-step plan that will keep your body’s natural healing system in peak working order. It covers diet, exercise, lifestyle, stress, and environment—all aspects of daily living that affect health and well-being. This revised edition includes the most up-to-date findings on such vital subjects as cholesterol, antioxidants, trans fats, toxic residues in the food supply, soy products, and vitamins and supplements, together with a greatly enhanced source list of information and supplies. Inside you will learn how to

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- start an effective exercise program based on walking and stretching
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- eliminate toxins from your diet
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