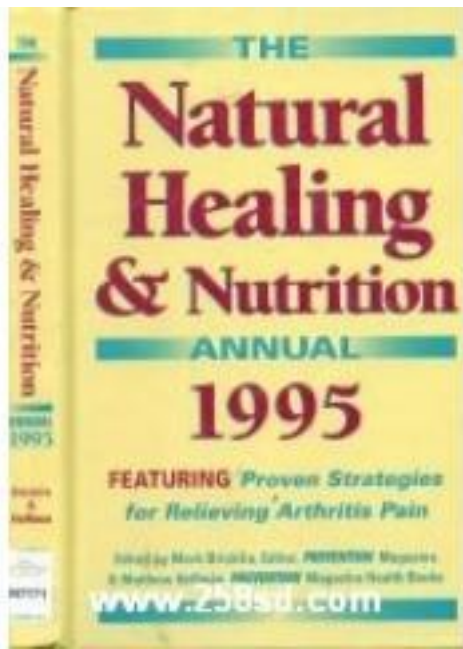


# The Natural Healing & Nutrition Annual 1995



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INTRODUCTION  
> You don't need miracles for good health--> just a good plan.<br> > Almost since the beginning of time¼ curious minds have<br> > sought the ultimate cure-all--a safe¼ surefire remedy for what-<br> > ever ailed¼ from asthma and arthritis to digestive complaints.<br> > Naturally¼ they've been disappointed.<br> > Although some recent breakthroughs are nothing less than<br> > astonishing--for example¼ the discovery that aspirin may reduce<br> > heart attack risk by as much as 30 percent--there has never<br> > been a \"magic bullet\" that could relieve all ills.<br> > What doctors have discovered¼ however--and what mil-<br> > lions of people are putting into practice every day--is the next<br> > best thing. Not a cure¼ exactly¼ but an entire system of healing--<br> > a blueprint¼ if you will¼ of safe¼ proven techniques for beating<br> > disease and living a longer¼ healthier life.<br> > Here s

the system: The Natural Healing and Nutrition Annual 1995. You won't find any miracle cures here. What you will discover is a wealth of information to help you look great and feel better--not next month or next year but today. Many of us would like to lose weight and here's one more reason that it makes good sense. In one study, women who successfully shed a few pounds were half as likely to develop the debilitating knee pain caused by osteoarthritis. And they didn't have to suffer doing it. All it took was losing an average of 11 pounds over ten years. Now that's encouraging! Speaking of weight loss, the evidence is now overwhelming: To slim down you need to eat more, not less. The trick is to eat \"high-octane\" foods that are low in fat and high in carbohydrates and contain half the calories per bite as fatty foods. Many of us know we should exercise but who has the time? New research suggests you can get the benefits of regular workouts almost without breaking a sweat. Mad if you do add resistance training of some sort to your workout, you'll get more than strong muscles. Research shows that regular weight

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