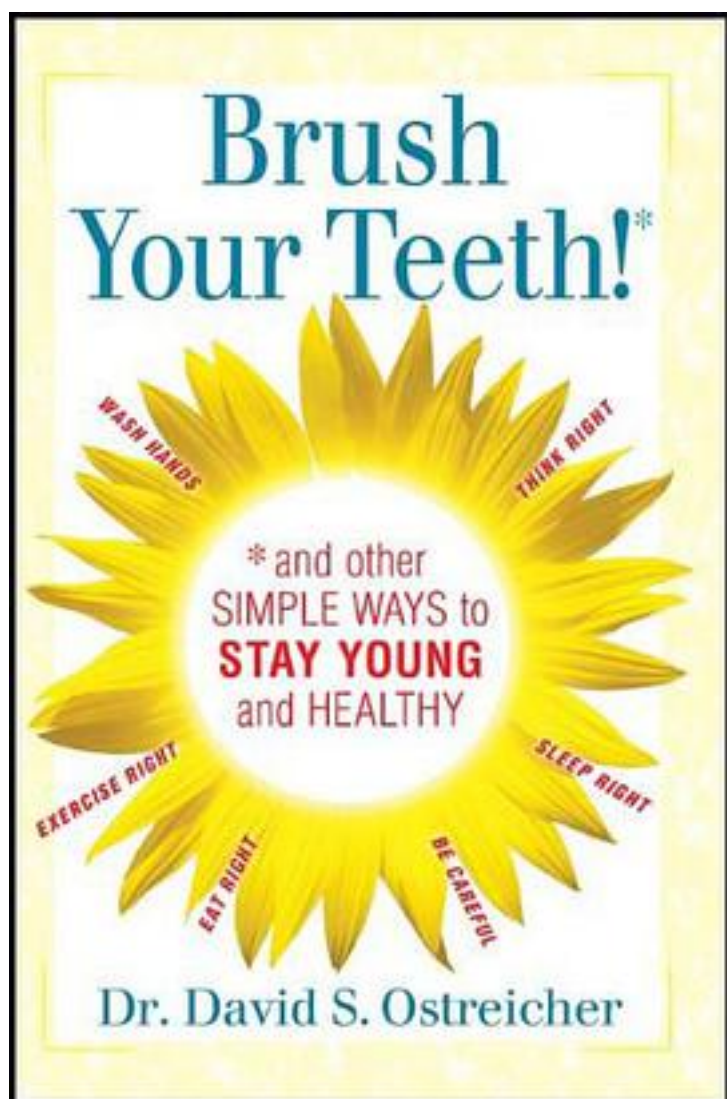


# Brush Your Teeth! and Other Simple Ways to Stay Young and Healthy



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It has probably been some time since your mom last reminded you to brush your teeth or wash your hands. Yet, that advice was priceless then and even more valuable now. These days, we are constantly reminded of threats to our health and the well-being of our children. They include preservatives, artificial additives, air and water pollution and drug resistant viruses, just to name a few. Thanks to advances in technology, more information than ever is available to us, but with so many sources offering advice, it often leads to confusing and contradictory suggestions about maintaining optimum health. As a result, it is easy to lose track of what the real perils are. For example: Which is the best way to prevent colds and flu: "Washing your hands or taking vitamin C?" Which is the best way a pregnant woman can avoid having a low birth weight infant: "Eating all natural foods or brushing her teeth?" Which is more likely to kill you: "A diet high in "natural" fats or a diet high in additives?" The answers to these questions may really surprise you. That's because the American public has been misdirected. We have substituted myths, snake oil and false advertising for basic good sense and physical hygiene. This book is a refreshing and easy-to-use guide for being naturally healthy and happy again.

作者介绍:

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