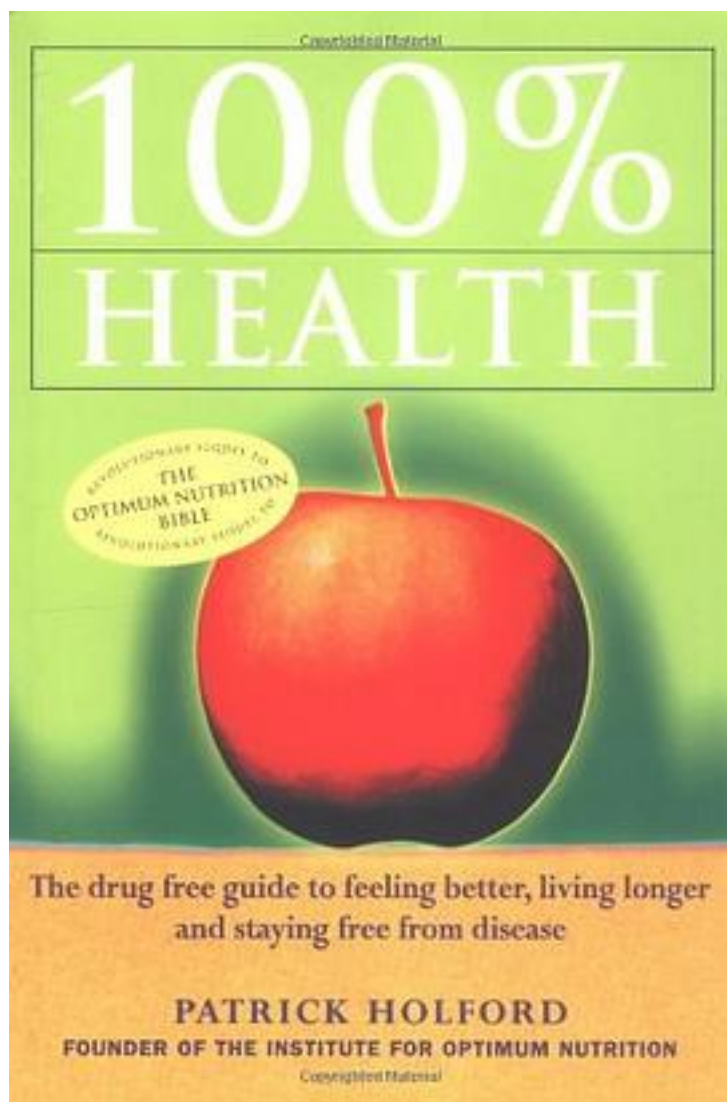


100% Health



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出版者:

出版时间:1999-3

装帧:

isbn:9780749919689

100% Health is a survival guide for the 21st century. It argues that all the major diseases of the 20th century are the consequences of mankind not adapting to the incredible changes that have occurred to our diet, environment and lifestyle. That's the bad news. The good news is that we can adapt and in so doing avoid illness and achieve 100% Health. Patrick Holford explains the practical ways that simple changes to your diet and lifestyle can lead you to a whole new level of health. Find out how to: * Fight infections without antibiotics* Conquer depression without drugs* Balance hormones without HRT* Stay free from cancer, heart disease, diabetes, infertility, chronic fatigue, arthritis, osteoporosis, Alzheimer's and mental illness* Live to 120 - healthily!

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