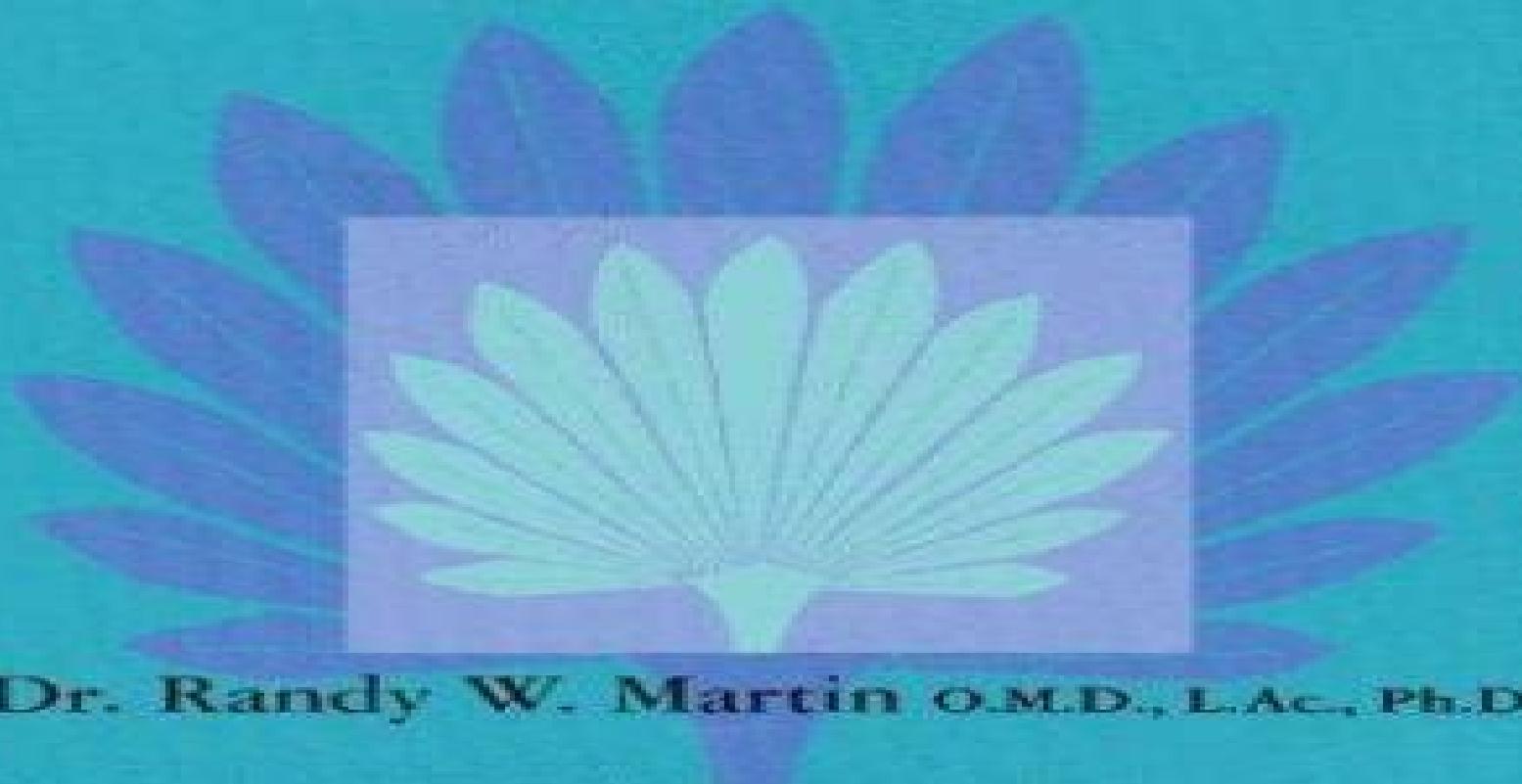




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*How to Get it,
How to Keep it*



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The Six Keys to Optimal Health Dr. Nicolas Campos, 2008-03-06 The Six Keys to Optimal Health is the definitive guide to achieving and maintaining health and wellness in the 21st century. It details the six key areas that are the secret to living a life of sustained strength, vigor and vitality or an overall state of well-being. It uses a youthful no holds barred approach while providing a sound philosophical basis to help motivate the reader to carry out this campaign. The book's overall theme is to act as a consciousness changer to help people value their health and see it as something worthy of their care and attention.

How to Lose Weight and Gain Optimal Health Happily Bethany Healy, 2017-10-08 This book is essential for anyone wishing to reach their ideal weight. It is a no nonsense way to lose weight and achieve your weight loss goals fast. It is designed to help you keep the weight off forever and is not a fad diet. Anyone wishing to lose weight needs this book.

The Real Secret to Optimal Health Anthony Galea, 2018-10-09 World renowned sports medicine physician Dr. Anthony Galea reveals the secret to optimum mental and physical health. With Dr. Galea's background in science, he helps the reader understand how their body works and how to reach its full potential. You will learn How to turn back the age clock by understanding how spirituality, diet and exercise all work together to create the perfect working machine. What star athletes such as Tiger Woods, A-Rod, or the Olympic athletes follow in their diet and exercise. How to balance your blood chemistry and hormone levels. Why diets fail. How to develop a perfect eating plan that's easy to follow, effective and won't leave you feeling hungry. What foods that have a positive effect on your body and those you should avoid. Exercises you can begin at any fitness level and will only take minutes a day to follow. Causes and treatments of common injuries. How 10 minutes of meditation a day will help give you a more youthful appearance.

The Optimal Health Revolution Duke Johnson, 2009-05-01 Cutting edge science is coming to a startling realization. The bulk of our most lethal diseases have a common underlying cause: persistent inflammation, an over active reaction of our natural immune system function resulting in cell and tissue destruction. This persistent inflammation is triggered by our industrial lifestyles including exposure to chemicals, synthetic food ingredients, pollution and processed foods. Researchers are linking inflammation to an ever wider array of chronic illnesses. Reports in *Newsweek*'s Anne Underwood Suddenly, medical puzzles seem to be fitting together such as why hypertension puts patients at increased risk of Alzheimer's or why rheumatoid arthritis sufferers have higher rates of sudden cardiac death. They're all connected on some fundamental level. But inflammation and the risks of chronic diseases it brings can be managed. Lifestyle and nutritional change is part of the answer. But the other part of the answer lies with ground breaking information from the newest field of science, nutrigenomics. Nutrigenomics is the science of how your genes interact with nutrients. It is the study of how DNA and the genetic code affect a person's need for certain nutrients and help maintain optimal health throughout life. The Optimal Health Revolution combines leading edge science including 600 scientific references with an easy to read, conversational writing style that make this critical information accessible to every reader. Relevant to both the researcher

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