



Be Healthy: Simple Guidelines for Lifelong Well-Being

By Ed Dodge

Foundation for Healthy Africa. Paperback. Book Condition: New. Paperback. 220 pages. Dimensions: 9.0in. x 6.0in. x 0.6in. You can be truly healthy! That's the message this book emphasizes, but it doesn't stop there. Be Healthy gives you clear guidelines to lifelong well-being. These guidelines are easy to understand. Besides providing solid information, Ed Dodge gives you the nuts and bolts of how to put this information into practice. Many people have health issues by the time they reach midlife, including problems such as high blood pressure, diabetes, and other disorders which affect the quality of their lives. This does not have to be the case. Health experts today agree that eighty percent or more of health problems such as heart disease or type 2 diabetes can be prevented. The key to prevention is a healthy lifestyle. Lifestyle is powerful. Most people underestimate this power, but scientists now say that healthy lifestyles are the most effective way to prevent most chronic diseases. Simple, easy to accomplish changes are the best way to stop the epidemic of heart disease, diabetes, hypertension, stroke and cancer flooding the globe today. Even if we as a people applied only the simple practices of walking 30 minutes...



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Reviews

This publication is definitely worth buying. It can be loaded with wisdom and knowledge I am easily could possibly get a satisfaction of looking at a composed publication.

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Very helpful to all type of individuals. It really is rally interesting through looking at time. Its been designed in an extremely basic way which is just soon after i finished reading this pdf through which basically modified me, change the way i believe.

-- **Tyshawn Brekke**