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disease asthma psychological and immune related disorders This book reveals a practical safe and simple technique to relieve stress naturally without compromising what we wish to achieve Dr Vijay Pabbathi teaches how to use your pulse to harmonise the mind and heart spontaneously In this step wise guide you will discover the most peaceful zone within you irrespective of your background This is the secret that everyone needs to know for their well being and success **The**

Fiber35 Diet Brenda Watson,2008-02-12 The Fiber35 Diet shows how to lose weight easily while not going hungry

Employing nature s ultimate weight loss secret this book includes recipes that are easy and delicious as they reduce calories and increase fiber

ALL ABOUT THE ANTI-INFLAMMATORY DIET DAVID SANDUA,2023-07-28 Discover the power of food to transform your health with All About the Anti Inflammatory Diet This book is a comprehensive guide that will take you through the relationship between food and health and how a balanced diet can be the foundation of a balanced life Chronic inflammation has been linked to a wide range of diseases including heart disease diabetes and certain types of cancer This book explores how an anti inflammatory diet can combat these ailments and improve quality of life You will learn about the key components of an anti inflammatory diet including whole and unprocessed foods spices and anti inflammatory herbs It highlights how an anti inflammatory diet can boost the immune system helping to protect against disease and improve overall well being It discusses the relationship between inflammation and weight and how an anti inflammatory diet can help control weight The book addresses the connection between inflammation and mental health and how an anti inflammatory diet can have positive effects on mental health It also discusses the crucial role of omega 3 fatty acids in the anti inflammatory diet It offers practical advice on how to incorporate an anti inflammatory diet into daily life including meal planning food shopping and preparation and resources and support networks for people interested in an anti inflammatory diet All About the Anti Inflammatory Diet is more than a book it s a powerful tool for promoting health and wellness don t miss this opportunity to discover how food can be your strongest ally for a healthy life **The 10 Secrets Of Healthy Ageing** Patrick

Holford,Jerome Burne,2012-04-05 Life expectancy is increasing but this is only good news if you stay well and can enjoy it The 10 Secrets of Healthy Ageing draws on the latest research findings and the health secrets of long lived people to outline the diet and lifestyle that will help you stay healthy look younger and feel great as you age It explains how your body changes as you age and what you can do to avoid the illnesses of old age as well as the aches pains poor sleep and eyesight deterioration that many believe are an inevitable part of ageing It also shares the secrets of staying as fit and as mentally alert as possible for as long as possible Comprehensive fascinating and practical The 10 Secrets of Healthy Ageing will help you enjoy better health and stay drug free as you age

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