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Stay Healthy In Later Life

Carolle Jean-Murat



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Staying Healthy ,1984 **Staying Healthy with Nutrition, rev** Elson Haas,Buck Levin,2012-11-20 The twenty first century edition of this groundbreaking work presents authoritative health and nutrition information available in an easy to use format and a friendly engaging tone An excellent guide for those wishing to make smarter dietary choices Andrew Weil M D author of Healthy Aging Decades of practical experience and scientific research from Dr Elson Haas and Dr Buck Levin are compiled into one encyclopedic volume that features newly expanded chapters on special supplements lifestage programs and breakthrough medical treatment protocols for fatigue viruses weight management and mental and mood disorders such as anxiety ADHD and depression Part One gives a detailed analysis of the building blocks of nutrition water carbohydrates proteins fats and oils vitamins minerals and other nutrients Part Two evaluates food and diets discussing every food group and most diets around the world A special chapter on the environment and nutrition raises awareness and offers guidance about food additives industrial chemicals food irradiation electro pollution and other health and ecological issues Part Three brings all of this nutritional information together showing readers how to make wise and commonsense choices while building a healthy diet A personalized eating plan for the year the Ideal Diet is both seasonally and naturally based and a healthy lifelong diet Part Four contains specific nutritional and life style therapies for enhancing all stages of life and suggests treatments for common conditions and diseases such as aging menopause bone loss weight loss and cancer by focusing on nutritional applications thirty two special diet and supplemental programs Anyone interested in enhancing wellness eating right treating illness naturally and living in harmony with nature will find Staying Healthy with Nutrition to be the ultimate handbook for optimal health and vitality How to Stay Healthy & Fit for Life Steve Michael,2005-10 In his book How To Stay Healthy Fit For Life author and fitness expert Steve Michael explains how the American diet and life style contribute to the alarming state of unhealthiness in our country and reveals the simple diet and exercise regimen that keeps him at age 72 as fit as a twenty five year old **Staying Healthy** Carolle Jean-Murat,1994-10 This book is so much more than a guide to simple preventive medicine It beautifully integrates the mind body to paint a picture of holistic health for women Health care is described in detail along the continuum of health promotion disease prevention specific medical advice for common problems In addition the reader is guided toward a working relationship with her physician or other health care provider Whether it be mental well being diet exercise self examination a guide to birth control avoidance of disease staying healthy while pregnant preparing for menopause this book contains just enough clear practical advice to guide a woman through a life of good health Now more than ever we look at health as much more than the absence of disease but rather a state of mental physical well being Doctor Carolle Jean Murat has gone a long way to help women achieve this goal Dr Carolle Jean Murat is a distinguished gynecologist is a diplomat of the American Board of Obstetrics Gynecology President of the National Medical Association San Diego Chapter To order English or Spanish version contact Cyrus Press Waterside

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