



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

Complete guideline! Its this type of great read through. it absolutely was writtern quite perfectly and helpful. I am very happy to explain how this is basically the best book i actually have read through during my personal life and can be he very best book for at any time.

-- **Joshua Gerhold PhD**

A very awesome book with perfect and lucid reasons. It really is basic but shocks within the 50 percent of the book. Its been designed in an exceptionally easy way and is particularly merely right after i finished reading this ebook where in fact changed me, change the way i think.

-- **Meagan Roob**