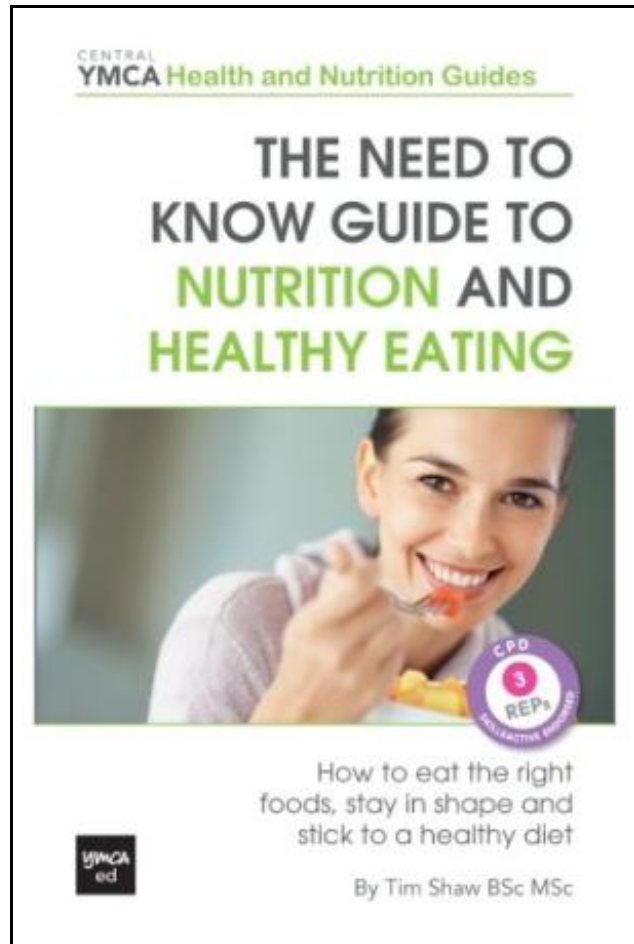


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Createspace, United States, 2012. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.First things first, this isn't a diet book; it's a simple guide to healthy eating. In other words, the following pages will not advise you to follow any radical changes in your eating habits. Instead, you will learn the basics of good nutrition and the many benefits that can result. Indeed, there is now a wealth of irrefutable evidence to suggest that good diet has a range of positive health consequences. Furthermore, there is also reasonable consensus amongst nutritionists as to what a good diet for most people actually is. This book will therefore introduce you to some simple guidelines which, if you decide to follow them and commit to a positive new eating habit, will help you to: control your body weight and lose excess fat without dieting have more energy, better mood and concentration have a stronger immune system to fight infection keep your blood pressure and blood cholesterol levels within healthy ranges have a healthier heart and circulatory system with less chance of a heart attack or stroke reduce your risk of getting certain forms of cancer have a better sex life and improved fertility live longer and lead a more active life. There are lots more benefits, but that's a long enough list for now. The advice you're about to read is designed to be practical more than theoretical. Useful information has been condensed and divided into easy bite size form, so you can dip in and out when convenient, or use it for quick reference when shopping or buying your lunch. Expect a long-term healthy eating plan, not a short-term fix. Also, expect to contribute a little time and...



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