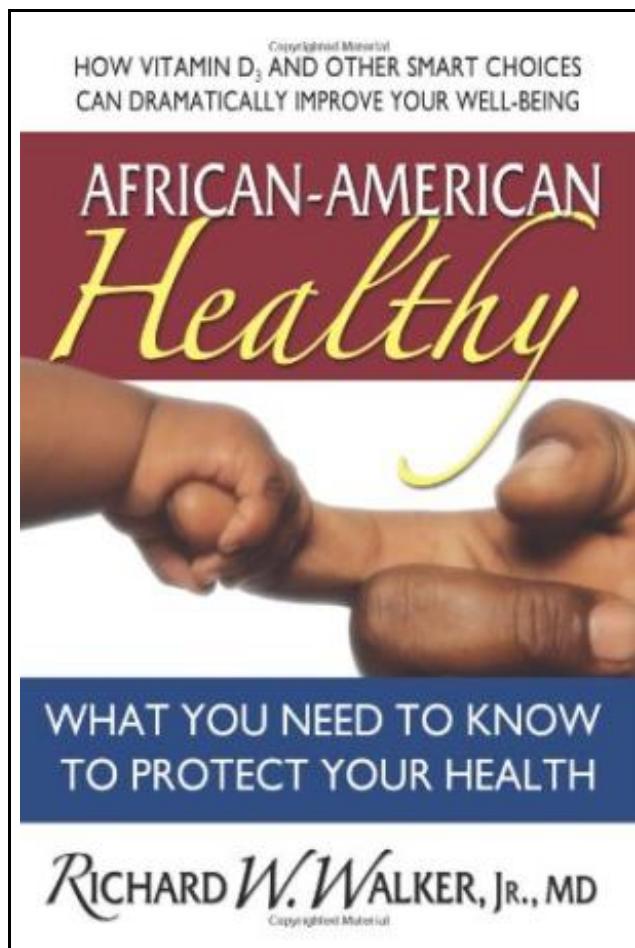


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Reviews

Thorough information! Its this sort of good read. It is actually written in straightforward words rather than confusing. I am just delighted to let you know that this is basically the best book we have read within my personal existence and can be the greatest pdf for actually.
(Dr. Henri Crona II)

AFRICAN-AMERICAN HEALTHY: WHAT YOU NEED TO KNOW TO PROTECT YOUR HEALTH (PAPERBACK)

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Square One Publishers, United States, 2011. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book. It's no secret that African-Americans top the list of groups afflicted by hypertension, stroke, diabetes, heart disease, renal failure, and cancer. What the statistics do not show is the pain, misery, and despair that these conditions create, not only for the individual, but also for family and friends. As an African-American doctor, Dr. Richard Walker has studied these conditions among his patients for many years. Now, for the first time, Dr. Walker believes that research has found a commonsense way to prevent, reduce, and possibly eliminate these killers, turning the tide of African-American health. Dr. Walker begins by looking at the black community's lifestyle, which has radically changed over the centuries, shifting people from hours spent under a blazing sun to a life of minimum sunlight exposure. From there, it is clear that the missing puzzle piece of African-American health is a chronic lack of Vitamin D3. Most important, Dr. Walker explains how this crucial factor can be added to a daily routine along with components such as nutritional supplements, diet, and exercise. He then focuses on each major illness affecting the black community and explores what it is, what its symptoms are, and how the reader can avoid or treat the problem. A concise yet critical guide, African-American Healthy offers an important first step towards achieving a healthier, longer life for millions of people.

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