



## Health Hacks: The Modern Approach to Health, Weight Loss and Longevity. (Paperback)

By Dr Elizabeth White

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Paperback. Condition: New. Large Print. Language: English .  
Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Early Death and Sickness don t just come upon us overnight. it is a result of our lack of necessary healthy tips and habits, in this book you get the knowledge you must have for your healthy life - Dr. Larry Page, author, Women Obesity Code (Unlocking the secretes of weight loss for women) Are you looking for a way to stay Healthy, fight obesity, Lose weight or simply to have a longer healthy life? In this book is a discussion of the modern health issues as stated below and what you must do to remain healthy. the following health issues and their remedies were discussed; -Green tea and its amazing health qualities -Fighting obesity - an ayurvedic way -Cancer, new alternative therapy - Living a healthy life -Tips for uniting your body, mind, and soul -Ways to soothe mind, body and spirit -Ways to boost your energy -Acupressure fast facts - get pain relief at home -Air-bath and good health -Acne - a clean face - step 1 in a 12 step program -Choosing natural alternative medicine over chemically produced...

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