



3 Easy Tips for Staying Healthy, Feeling Better and Looking Good

By Bernard Etherly D.C.

AUTHORHOUSE, United States, 2006. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.After reading this book, I am now more in-tune with what my body needs as well as what is needed to sustain a happy and healthy life. Consequently, I have lost over 100 pounds and am now considered an average size woman by today s standards. I highly recommend this book to anyone searching for how to live more heart healthy. Thanks Dr. Etherly, I am sure others will experience similar results. Mary C. Stewart-Roary, MHS, MBA, MPH, PhD (I am completing a PhD in Epidemiology and Biostatistics with a minor in Pharmacy), Tucson, Arizona I am now more conscious about my eating habits. The book has had a great impact on me having a healthy lifestyle. I even exercise more, which attributes to a healthy cholesterol and blood pressure. A. Armstrong, Memphis, Tennessee. Avoid complications of Diabetes, High Blood Pressure, Bad Nutritional Choices, Elevated Cholesterol, Physical In-Activity, Stress, Cardiovascular Disease s and Obesity with 3 Easy Tips for Staying Healthy, Feeling Better and Looking Good. Tips on: Increasing of dietary fiber intake to help avoid constipation Avoiding...



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