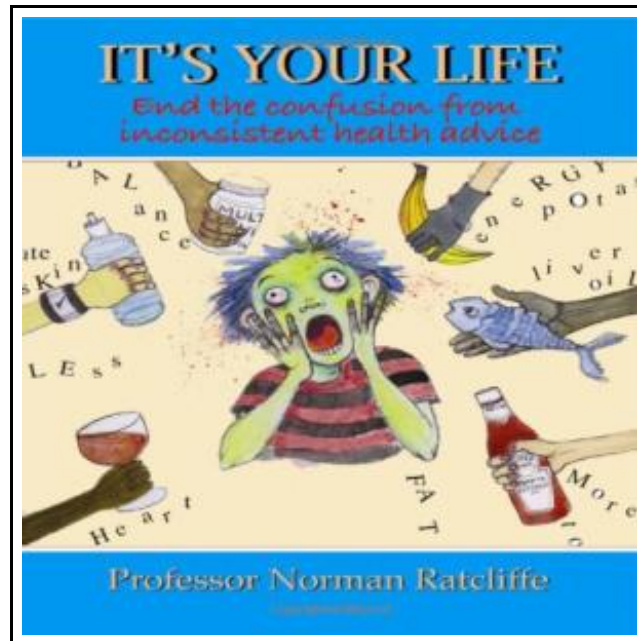


Its Your Life: End the Confusion from Inconsistent Health Advice



Filesize: 1.38 MB

Reviews

This ebook is wonderful. It typically does not expense too much. You wont really feel monotony at at any time of your own time (that's what catalogs are for relating to should you request me).

(Milan Turner)

ITS YOUR LIFE: END THE CONFUSION FROM INCONSISTENT HEALTH ADVICE



Cranmore Publications. Paperback. Book Condition: New. Hannah Michael (illustrator). Paperback. 228 pages. Dimensions: 10.9in. x 8.4in. x 0.7in. This book aims to end the confusion resulting from the conflicting health advice appearing in the media almost daily. The existing scientific evidence is thoroughly analysed by Professor Norman Ratcliffe, who is a Fellow of the Royal Society of Medicine, and has published over 200 books and research papers on immunology, cancer, influenza, tropical diseases and MRSA. In this book Professor Ratcliffe:

- 1 Identifies harmful pesticides and additives in food and gives advice on how to avoid them; he emphasises the importance of removing such chemicals from the diets of babies, children and pregnant women.
- 2 Details pesticide contamination rates in fruit, vegetables and other types of food using easily interpreted tables.
- 3 Provides a summary table of the least chemically polluted foods.
- 4 Outlines the total chemical load of the body and explains how these toxins originate from preservatives, colourants and sweeteners.
- 5 Gives advice on reducing your body burden of chemicals.
- 6 Lists which organic foods are most important to buy and explains why, in these financially challenged times, it is unnecessary to eat just organic foods.
- 7 Solves the Vitamin Dilemma of whether To Take Or Not To Take which faces most people due to conflicting advice in the media.
- 8 Shows that nearly 70% of people in the UK would benefit from taking vitamin and mineral supplements.
- 9 Uniquely, recommends supplements for different life stages, from pregnancy to old age, and also for smokers, drinkers, diabetics etc.
- 10 Provides evidence of the role of exercise, even walking, in reducing heart disease, cancer, diabetes and premature death.
- 11 Explains how to begin exercising and how to choose the correct exercisesport for your needs.
- 12 Recognises that the gym is not...



[Read Its Your Life: End the Confusion from Inconsistent Health Advice Online](#)



[Download PDF Its Your Life: End the Confusion from Inconsistent Health Advice](#)

Related Kindle Books



Ask Dr K Fisher About Dinosaurs

Kingfisher, Great Britain, 2007. Softcover. Book Condition: New. Sheppard, Kate (illustrator). 32 pages. Multiple copies of this title available. For the first time, Kingfisher brings its expertise in beautifully-designed, trusted non-fiction to the sphere of...

[Download eBook »](#)



Absolutely Lucy #4 Lucy on the Ball A Stepping Stone Book™

Random House Books for Young Readers. Paperback. Book Condition: New. David Merrell (illustrator). Paperback. 112 pages. Dimensions: 7.4in. x 5.1in. x 0.4in. Ilene Coopers fourth story of a boy and his beagle takes Bobby and Lucy...

[Download eBook »](#)



DK Readers Robin Hood Level 4 Proficient Readers

DK CHILDREN. Paperback. Book Condition: New. Nick Harris (illustrator). Paperback. 48 pages. Dimensions: 8.4in. x 5.7in. x 0.2in. Discover the rollicking exploits of Robin and his merry men as they take from the rich and give...

[Download eBook »](#)



DK Reader Level 4 Extreme Machines DK READERS

DK CHILDREN. Paperback. Book Condition: New. Paperback. 48 pages. Dimensions: 9.0in. x 5.9in. x 0.2in. They were built to conquer land, sea, and air. Read about the biggest, fastest, most incredible machines in the world. These...

[Download eBook »](#)



The Stories Julian Tells A Stepping Stone Book™

Random House Books for Young Readers. Paperback. Book Condition: New. Ann Strugnell (illustrator). Paperback. 80 pages. Dimensions: 7.6in. x 5.0in. x 0.4in. Julian is a quick fibber and a wishful thinker. And he is great at...

[Download eBook »](#)

**Read Write Inc. Phonics: Orange Set 4 Storybook 11 Look Out! (Paperback)**

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 211 x 147 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read

[Read Book »](#)

**Read Write Inc. Phonics: Orange Set 4 Storybook 10 My Best Shirt (Paperback)**

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 211 x 147 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read

[Read Book »](#)

**The Whale Tells His Side of the Story Hey God, Ive Got Some Guy Named Jonah in My Stomach and I Think Im Gonna Throw Up**

B&H Kids. Hardcover. Book Condition: New. Cory Jones (illustrator). Hardcover. 32 pages. Dimensions: 9.1in. x 7.2in. x 0.3in. Oh sure, well all heard the story of Jonah and the Whale a hundred times. But have we

[Read Book »](#)

**God Loves You. Chester Blue**

Henry and George Press. Paperback. Book Condition: New. Ursula Andrejczuk (illustrator). Paperback. 140 pages. Dimensions: 8.0in. x 5.2in. x 0.3in. BEAUTIFUL NEW ILLUSTRATIONS BRING THE STORY TO LIFE! A charming book about a mysterious bear that shows

[Read Book »](#)

**Read Write Inc. Phonics: Purple Set 2 Storybook 4 Tim and Tom (Paperback)**

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 210 x 159 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read

[Read Book »](#)