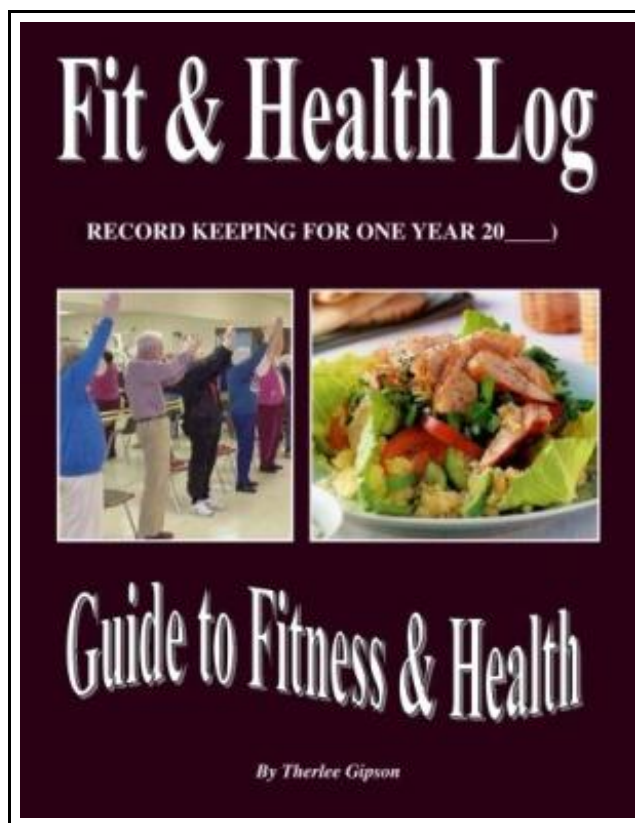


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Reviews

Extremely helpful to all of group of individuals. It really is loaded with knowledge and wisdom Its been designed in an extremely basic way and is particularly simply after i finished reading through this ebook where actually altered me, affect the way i believe.

(Lily Ryan)

FIT HEALTH LOG: THE GUIDE TO FITNESS HEALTH (PAPERBACK)



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Createspace, United States, 2012. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Introduction Diabetes are going to destroy the United States. This all could be prevented if we would turn the clock back to eating only free range meat and more fruit and vegetables with a minimum of artificial stimulants and antibiotics to hasten their growth. We must alter our lifestyles or be doomed to our own self centered greed and unhealthy consumption. Most illness are self-inflicted. The human body has a super natural designed healing system that can meet most of its problems without outside intervention. Even when outside help is needed, healing is enhanced if the patient can be kept free of emotional devastation and panic. Emotional trauma impairs immune function by decreasing the body's interleukins vital immune defense substances. Panic constricts blood vessels, putting additional burden on the heart. Depression intensifies existing diseases that open the door to other ailments. There is a direct connection between our mental state and the ability of our immune system to do its job. Keep your mind-set positive and free from depression, unnecessary emotional stress which can induce illness. Other words, REFUSE to get involved in a confrontation with anyone, no matter what the issue is. DO NOT allow the daily grime of living and coping take control of your mental health. Bottom line, your body will suffer the consequences by weakening your immune system. Let's face the facts. We do not take care of our bodies. We eat things that taste good and over indulge in those foods. We have bad drinking habits of some beverages. We have substance abuse of prescription and non-prescription drugs. We are not active doing chores around our homes. Apartment dwellers are even less...



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