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hormones; Boost your brain power; Tune up your digestion; Increase your immunity; Prevent pain and inflammation; And much more. After only six weeks, you will be healthier, stronger and fitter, with a real basis upon which to build lifelong health. 'This is do-it-yourself health at its very best' - Hazel Courteney, Sunday Times

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Outlines scientifically supported methods for losing weight, fighting disease, and improving energy levels by eating strategic food combinations, describing a six-week program for embracing a healthier lifestyle

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A step-by-step guide to a healthier life from the New York Times bestselling author of SuperFoods RX Eat more sumptuously than ever before—chocolate, red wine, fresh nut butters, gourmet tea—with this simple guide to a six-week program that will transform

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What does it take to make you feel "high"? Do you routinely reach for caffeine, alcohol, cigarettes, or sugary snacks to get you through the day? Unfortunately, the quick fixes we have become accustomed to don't work long-term, and often contribute

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further to the underlying problems of fatigue, depression, brain fog, and anxiety. In Natural Highs, two leading authorities in psychology and nutrition present a prescriptive breakthrough program based on nutritional supplements, herbs, and simple mind-body therapies that will help to increase energy, sharpen the mind, elevate

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mood, relax the body, and beat stress. Their remarkable research shows how to formulate the perfect "brainfood" to improve how we think and feel, resulting in a greater sense of connection and joy in everyday life-the natural high.

Discover easy ways to balance your diet,

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quick explanations of vitamins and minerals, advice on what you should, and shouldn't be eating, lists of healthy superfoods, and many other ways to achieve an abundance of good health and vitality. The Little Book of Optimum Nutrition makes a healthy lifestyle easy and fun!

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This inspiring and practical guide to people-centred health promotion focuses on:
Putting a people perspective at the centre of health promotion concerns
Improvement of health-related quality of life, rather than just prevention of disease
Empowering communities to develop and maintain their own self-determined action in health

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Taking a developmental approach to intervention and evaluation within communities People-Centred Health Promotion will be essential reading for all students, researchers and practitioners in health promotion, community development and public health. [This] book engages the reader in an intellectually challenging and

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socially compelling enterprise.? Lawrence W. Green Institute of Health Promotion Research, University of British Columbia, Canada

Total Health and Fitness Revolution presents the latest scientific findings on how to age healthily and attain a long life. This

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book should be read by people of all ages, as the earlier one develops good practices the healthier one will be and the longer one will live. Any parent concerned with their child ' s welfare will be keen to discover the information herein which will help them to put their child onto the path of optimum health. Dr Joseph Cheung covers the

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benefits of exercise, diet, vitamin supplements and preventative medicine, drawing on his decades of clinical practice and research.

This book teaches why diets, exercise classes and "weight-loss" products usually fail, the three vital steps beyond what you eat, the

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simple chemistry behind stimulating healthful fat loss without dieting or exercise, what, why, how and when to eat and drink, and the best exercise for losing fat and keeping it off (Hint: It's not aerobics). It also explains how to discover and eliminate the reason why you have excess fat, and how to harness the six powers that make people fat

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to make you lean, reduce the risk of disease, determine your unique nutritional program and everything else needed to achieve your Victory over Fat.

Acclaimed author Patrick Holford has spent the last 40 years exploring what it means to be 100% healthy. In *The Chemistry of*

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Connection he shares deep wisdom that will help you to feel fully alive and awake, and to live a purposeful life. This book explores elemental, chemical, psychological, social, philosophical, ecological, sexual, and spiritual avenues in the search for a deeper understanding and experience of connection, also finding connections

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between cultural, scientific, and spiritual traditions in the search for higher understanding. In this book you will discover how to:

- Wake up from disconnection to connection
- Develop your mind-body connection and heal your body
- Generate vital energy and restore your vitality
- Resolve emotional and

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relationship difficulties • Improve your mental alertness and intellectual clarity

- Connect with the five elements that make us and our world
- Explore and experience philosophies that make life worth living

Including practical exercises, meditations, and contemplations, this book will help you enhance connection in all areas of your life.

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