



## Play Your Hand Well: A Nutritional Approach to Wellness So You Can Live a Healthier Life Now! (Paperback)

By DMD Cns Joseph a. Mix

Liberty University Press, United States, 2009. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This book may change your life! Play Your Hand Well is not a diet book; it is a lifestyle book written in a non-threatening, positive and uplifting way, in which Dr. Mix (certified nutrition specialist, professor, practicing dentist, researcher) draws upon years of teaching and clinical experience to empower you and enable you to live a healthier life now. In it, you will learn about vitamin and mineral supplements, herbal medicinals, the glycemic index, the Mediterranean Diet, food quality, weight loss, cholesterol, heart disease, and much more! The recipient of both Who's Who Among America's Teachers and Who's Who in America, Dr. Mix is conversant in 7 foreign languages and is a communicator, teacher, nutritional consultant, clinician, and scientific researcher who possesses the skills to provide you with the tools you need to live a healthier life now. He concludes his passion for communicating nutritional information with a never before revealed assessment index that he created to objectively determine the nutritional quality of food and uses it to reveal his list of the top 10 foods. Finally,...



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