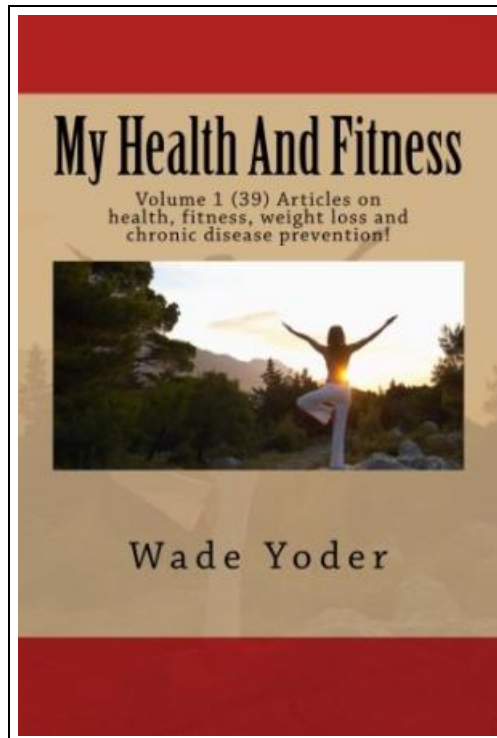


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.My Health And Fitness: Volume 1 (39) is a series of articles on health, fitness, weight loss and chronic disease prevention. The basic health and fitness fundamentals are the same as they were thousands of years ago and are still the same today Some of the chapters in My Health And Fitness Volume 1 6 Things to ask yourself if you re not feeling well Aging = Oxidation Oxidation = Aging You re Never too Old for Exercise and Fitness! Why is My Metabolism Slowing Down? Sarcopenia = Age related muscle loss Hydration Helps Keep Our Cells Young! Health and Independence Intermittent Fasting (IF) You cannot out Exercise a Bad Diet! Your Kitchen can be Your Fat Burning Tool Chest The Purpose of Individual Food Nutrients Heart Disease, The #1 Killer! Cancer, The #2 Killer! Medical Mistakes, #3 Killer Diabetes - The Sleeping Giant Among Us! Your Body Your Universal Gym How to Build Muscle and How Building Muscle Builds Bone Density How does Protein Build New Muscle? Fat Cells Our Micro Fuel Tanks The Thermic Effect of Food How Cold Weather Can Rev Your Metabolism! What publishers are saying: Wade Yoder has been offering expert health advice by way of weekly columns to readers of The Leader-Tribune, Citizen-Georgian and News Observer since 2012. Every week, Wade covers some aspect of health, diet, nutrition, exercise and lifestyle. His advice is always backed by science, often contrarian, sometimes controversial, but always informative, with an emphasis on giving readers tips they can put to immediate use and improve their health and fitness. The columns are filled with a passion for the health for our readers. We hear a lot of good positive...

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