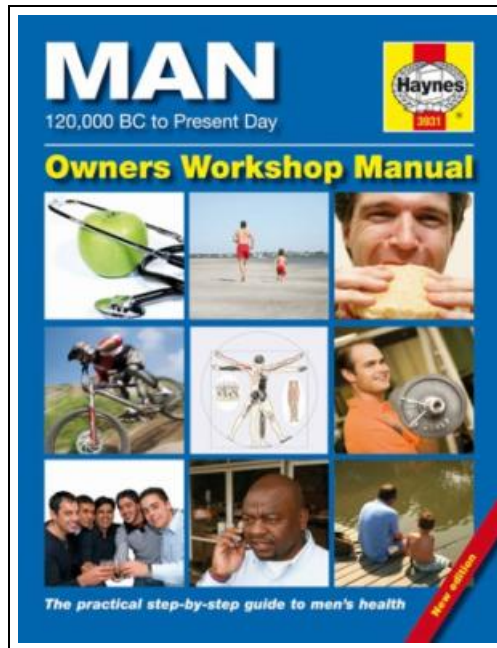


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HAYNES PUBLISHING GROUP, United Kingdom, 2007. Hardback. Condition: New. 2nd Revised edition. Language: English . Brand New Book. The first edition of this book became an international best-seller. This new edition, now in full colour, has been revised and updated to take account of developments in the fast-moving world of health care and disease prevention. It has also broadened its outlook to take a more holistic view of what constitutes good health, which means not simply the absence of disease but the promotion of a sense of positive well-being. That said, this is no New Age publication and Dr. Ian Banks style is as robust and realistic as ever. The new material includes sections on asthma, allergies, diabetes, metabolic syndrome, nutrition and statins. There are also tips on how to get the best from your GP, pharmacist and occupational health service, the very latest on BPH and prostate cancer, and plenty of hints, myths and startling statistics.



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