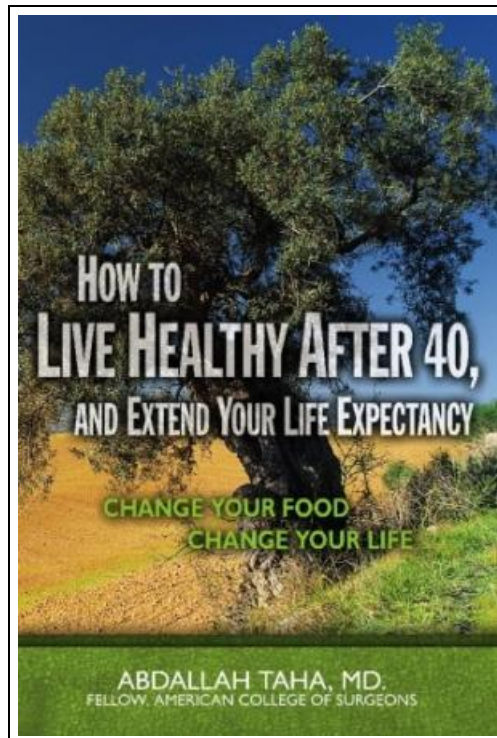


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## HOW TO LIVE HEALTHY AFTER 40, AND EXTEND YOUR LIFE EXPECTANCY: CHANGE YOUR FOOD, CHANGE YOUR LIFE (PAPERBACK)



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Booksurge Publishing, United States, 2009. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Unprecedented and refreshingly straightforward, *How to Live Healthy after 40 and Extend Your Life* by author and surgeon Abdallah Taha, MD, is an invaluable health and wellness guide for people on the cusp of forty and those beyond. As a bold effort to curb the ten most common diseases including diabetes, osteoporosis, Alzheimer s, cancer, pulmonary emboli, and incidences of strokes and high blood pressure, not to mention high cholesterol and obesity, in twelve chapters, the good doctor gets to the heart of matters quickly and efficiently. He looks at what lifestyle changes men and women alike can make, which indicators are linked to heredity, and the affects of high stress, diet, and smoking. The good news is that in many instances people can control their health. Unfortunately, there are a few things they cannot, so early detection or a single baby aspirin can make all the difference. Knowledge is power and, in this case, power means living a longer, healthier life.

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