



Healthy Eating on a Budget: Quality Life Through Quality Bites! (Paperback)

By Andrea Adams

On Demand Publishing, LLC-Create Space, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Here s How You Can Add Years Into Your Life With Delicious, Wholesome Foods! Learn How You Can Prevent Age-Related Diseases And Get Healthy Today Are you getting the right nutrients in your body? Are you putting on excessive weight? Are your blood pressure and cholesterol level dangerously high? If your answer is YES. then let me tell you this: .YOU ARE IN DANGER OF DYING EARLY. And Here s WHY. You are at risk of developing one of these serious illnesses like heart disease, diabetes and obesity - the top few causes of death in the US. According to experts about 610,000 people die of heart disease in the United States annually - that s 1 in every 4 deaths! And the leading cause of death for both men and women. [Source: Cdc] The Difference Is: What are you going to do about it? Your body probably isn t working the same way at 40-plus or above as it was at 20. It s frustrating when your level of fitness is gradually fading away and it feels like it s hitting...



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It in just one of my personal favorite publication. It is among the most awesome publication i have read. It is extremely difficult to leave it before concluding, once you begin to read the book.
-- Delia Rutherford