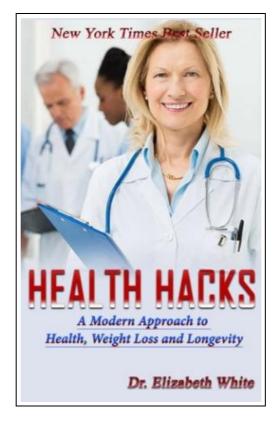
Health Hacks: The Modern Approach to Health, Weight Loss and Longevity. (Paperback)



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HEALTH HACKS: THE MODERN APPROACH TO HEALTH, WEIGHT LOSS AND LONGEVITY. (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Large Print. Language: English . Brand New Book ***** Print on Demand *****. Early Death and Sickness don t just come upon us overnight. it is a result of our lack of necessary healthy tips and habits, in this book you get the knowledge you must have for your healthy life - Dr. Larry Page, author, Women Obesity Code (Unlocking the secretes of weight loss for women) Are you looking for a way to stay Healthy, fight obesity, Lose weight or simply to have a longer healthy life? In this book is a discussion of the modern health issues as stated below and what you must do to remain healthy, the following health issues and their remedies were discussed; -Green tea and its amazing health qualities -Fighting obesity - an ayurvedic way -Cancer, new alternative therapy -Living a healthy life -Tips for uniting your body, mind, and soul -Ways to soothe mind, body and spirit -Ways to boost your energy -Acupressure fast facts - get pain relief at home -Air-bath and good health -Acne - a clean face - step 1 in a 12 step program -Choosing natural alternative medicine over chemically produced medicine -Eczema and psoriasis - an inexpensive and effective treatment -Fruit extracts - prevent aging of skin the natural way -Hair loss prevention through Ayurveda -Hangover: is there any herbal remedy that cure it? -Health benefits of foot massage -Honest smoking cessation advice -Relax with aromatherapy massage oils -How to avoid the ill effects of smoking: don t even start Wishing you all the best of health.

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