



Tears in the Fabric of the Universe

By Patrick Astre

Tate Publishing Enterprises, United States, 2014. Paperback. Book Condition: New. 175 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Frontiers of Nutrition: The Prudent Diet and Lifestyle provides a comprehensive review of nutritionally related diseases such as atherosclerosis, hypertension, obesity, diabetes, cancer, anemia, and osteoporosis. It tells us how to evaluate our own risks for them and presents guidelines for avoiding them. Sixty percent of early deaths in the United States are attributed to one or more of these conditions. The program incorporates an updated refinement of the Prudent Diet, which was introduced over fifty years ago. It is not very different from the typical American diet, and it includes foods and supplements with protective effects apart from their nutritive value-yet is appealing to our individual tastes. Most of us do not need to make major changes in our food choices. We do not need to sacrifice our most treasured values for a few added years. Quality of life is as important as length of life. Good nutrition and lifestyle are necessary ingredients for both.

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