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## Prescription for Health and Long Life: A Dose of Common Sense

By Shawn Konecni

Breakout Concepts LLC, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Covers diet, supplements, food preparation, additives, chemicals, pollution, germs, radiation, skin protection, exercise, sleep, stress, and more! Most of us would probably like to live a long time. More importantly, most of us would like to enjoy a high quality of life for as long as possible. Unfortunately, bad habits, poor nutrition, dirty air, diseases, and even bad luck threaten to rob us of our vitality and shorten our lives. When we attempt to take control of our own health, we are inundated with an endless supply of information, much of it conflicting and ineffective. As a result, instead of being proactive, we end up confused and discouraged. However, there is good news. The answers to all of our questions are right in front of us. We just need to take a step back and use some common sense to see it. This book will make that process easier. It sifts through the deluge of information in order to discern what is most important for health and long life. Now, we won't have to...

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