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HEALTHY LIVING



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101 Essential Tips to Healthy Living Paulette MCMANUS,1996

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101 Essential Tips: Healthy Living Fiona Payne,Southern Book Publishers,1996 A step by

step series in which basic information is broken down into easy to grasp pointers This title covers healthy living A to Z About Health Dr. Vinod Kumar Nigam, Dr. Siddharth Nigam, 2023-09-07 Life is a continuous long journey and if it is accompanied by good health the journey becomes smooth and like a long picnic It is therefore essential to remain healthy and happy till you live The present definition of health Health is a state of complete physical mental and social well being and not merely the absence of disease or infirmity This sums up all aspects of health an individual should have This book A to Z About Health is quite elaborate and tries to capture most of the important health topics This book can serve as a good health guide to the general population about what essential pillars of health are and how to acquire them such as the right diet right exercise good sleep stress reducing techniques and how to be happy Quotations in relation to the various topics add wisdom Bella Blue rightly wrote that your body holds deep wisdom Trust in it Watch your life transform and be healthy Health is of utmost importance whether it is physical or mental as a healthy mind can live only in a healthy body and only a healthy body can keep a healthy mind This book A to Z About Health is written by Dr V K Nigam and Dr Kunal Nigam Both these doctors have long experience in treating patients with sickness and health problems The explanations of the importance of meditation and deep abdominal breathing in maintaining holistic health are quite helpful for healthy and unhealthy individuals Healthy Living Fiona Payne, 1996 This new series of pocket sized reference books explore several topics breaking down basic advice into 101 easy to grasp essential tips They build into an informative home reference library for the whole family **The Calorie Counter For Dummies** Rosanne Rust, Meri Raffetto, 2009-12-17 The fun and easy way to keep track of your caloric intake The Calorie Counter For Dummies provides you with vital information on the nutritional and caloric value of the foods that you eat everyday at home the supermarket and restaurants Whether you re trying to lose weight eat healthier or control and prevent diseases such as diabetes and heart disease this take along guide provides you with a portable quick and easy way to get nutritional information whenever and wherever you need it The Calorie Counter For Dummies provides you with access to the calorie fat saturated fat carbohydrate fiber protein and sodium counts found in thousands of fast food and chain restaurant menu items and the foods like the fruits vegetables and meats you eat everyday Tuck this compact guide into your glove box briefcase or purse and have key calorie information at your fingertips at all times Joey Green's Amazing Pet Cures Joey Green, 2011-04-26 From the man who knows how to fertilize houseplants with Jell O and give someone a dry shampoo with Quaker Oats comes the first book of pet care tips that tackles everyday pet illnesses quirky behaviors and animal smells and stains by tapping into the power of brand name products The ever inventive Joey Green presents fun and offbeat remedies for a wide range of pet troubles from bad breath and skunks to hot spots and ticks Who would have guessed that ChapStik stops a nail bleed or that Listerine can quell itching Why not forego expensive and toxic flea sprays and use Dawn dishwashing liquid or Johnson s Baby Powder as a treatment instead Even though these tips sound quirky use Smirnoff vodka to clean your pet s ears they really do work because many brand name products contain

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