



One Less Excuse: Concise, Up-To-Date, Scientifically Proven Researched Information to Take Back Your Health (Paperback)

By Christopher J Salah

Christopher J. Salah, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. FINALLY! A BOOK WRITTEN FOR THE EVERYDAY PERSON Heart disease, hypertension, diabetes, cancer, kidney disease, as well as most other major illnesses, are all on the rise. Childhood obesity and diabetes have skyrocketed. Our teenagers are on more pharmaceuticals then ever before. Every year we get sicker and sicker, take more and more medications that barely keep us alive, and pay out billions of dollars in taxes and out-of-pocket so we can continue to suffer just a little bit longer. It s time to take your health back from the pharmaceutical companies. All you need to know is how. One Less Excuse is one of the most comprehensive books written on diet and lifestyle, redefining how we view our bodies and our health while keeping it simple and easy to understand. This book is dedicated to dispelling the myths that keep us ignorant and sick while providing the vital knowledge we need to live happy, healthy, and disease-free lives.

DOWNLOAD



READ ONLINE

[2.79 MB]

Reviews

Without doubt, this is actually the best job by any publisher. It is written in basic phrases instead of difficult to understand. You will like the way the author publishes this publication.

-- **Dr. Marvin Deckow**

This written publication is wonderful. It is really fascinating through reading period. I discovered this book from my dad and I suggested this publication to find out.

-- **Keshaun Daugherty**