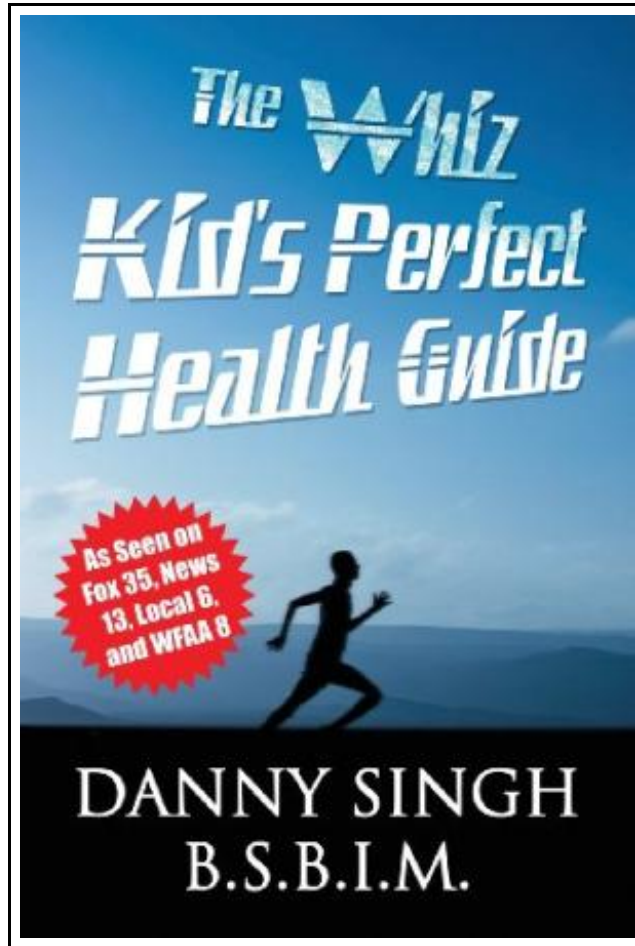


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America Star Books, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Profits support the Horizons for Homeless Children in Boston The lessons contained within are meant to help consumers live the healthiest lifestyles by teaching them the significance of avoiding drugs, cutting down on fried foods, resolving conflicts in a peaceful manner, and learning how to treat diseases with tips presented on how to avoid contracting them. Danny Singh has been doing seminars to educate students on the dangers of student loans, now he is focusing his attention on another issue. The Centers for Disease Control and Prevention has reported that heart disease and cancer are the 2 highest-leading causes of death in America. In response to this epidemic, Danny advocates consumers avoiding dangerous substances, drugs, and breaking the addiction for the purpose of living the longest lives possible without worry. Without needing expensive rehabilitation centers or fake drug treatment medicines advertised on the media, Danny will discuss strategies on how to resist taking drugs and focus more on consuming foods filled with vitamins, proteins, carbohydrates, and other nutrients as recommended by the Food Guide Pyramid that are vital for the overall well-being of a consumer. In addition to avoiding drugs, techniques will be presented on how consumers can incorporate daily exercise routines into their lifestyles while managing time for relationships with friends and family and completing tasks for work or school. As a result, consumers will be more likely to be mentally, emotionally, socially, and physically healthy which satisfies the Health Triangle. No health book is complete without a discussion about the human body and its systems, Danny explains how they work together to fight infections, repair bone damages, and respond to hormonal changes especially during...

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