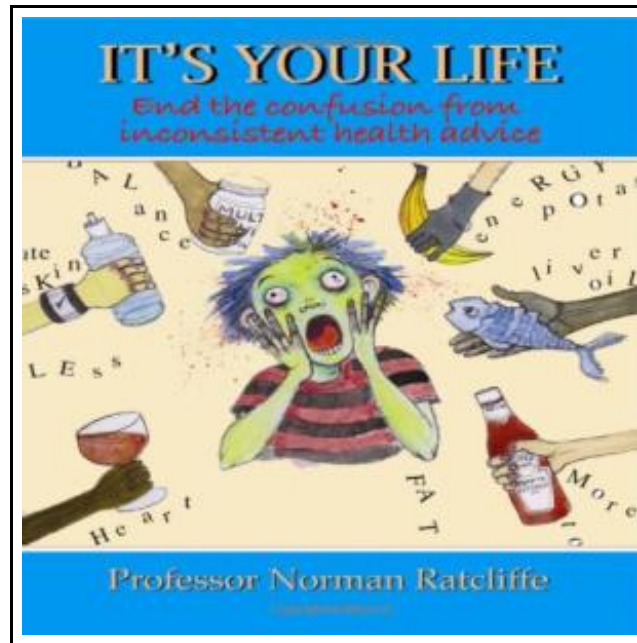


## Its Your Life: End the Confusion from Inconsistent Health Advice



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***(Dayton Stracke I)***

## ITS YOUR LIFE: END THE CONFUSION FROM INCONSISTENT HEALTH ADVICE



Cranmore Publications. Paperback. Book Condition: New. Hannah Michael (illustrator). Paperback. 228 pages. Dimensions: 10.9in. x 8.4in. x 0.7in. This book aims to end the confusion resulting from the conflicting health advice appearing in the media almost daily. The existing scientific evidence is thoroughly analysed by Professor Norman Ratcliffe, who is a Fellow of the Royal Society of Medicine, and has published over 200 books and research papers on immunology, cancer, influenza, tropical diseases and MRSA. In this book Professor Ratcliffe:

- 1 Identifies harmful pesticides and additives in food and gives advice on how to avoid them; he emphasises the importance of removing such chemicals from the diets of babies, children and pregnant women.
- 2 Details pesticide contamination rates in fruit, vegetables and other types of food using easily interpreted tables.
- 3 Provides a summary table of the least chemically polluted foods.
- 4 Outlines the total chemical load of the body and explains how these toxins originate from preservatives, colourants and sweeteners.
- 5 Gives advice on reducing your body burden of chemicals.
- 6 Lists which organic foods are most important to buy and explains why, in these financially challenged times, it is unnecessary to eat just organic foods.
- 7 Solves the Vitamin Dilemma of whether To Take Or Not To Take which faces most people due to conflicting advice in the media.
- 8 Shows that nearly 70% of people in the UK would benefit from taking vitamin and mineral supplements.
- 9 Uniquely, recommends supplements for different life stages, from pregnancy to old age, and also for smokers, drinkers, diabetics etc.
- 10 Provides evidence of the role of exercise, even walking, in reducing heart disease, cancer, diabetes and premature death.
- 11 Explains how to begin exercising and how to choose the correct exercisesport for your needs.
- 12 Recognises that the gym is not...



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