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It s Your Life - a Healthy Diet Made Easy (Paperback)

By Norman Ratcliffe

Cranmore Publications, United Kingdom, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This book: 1 Gives clear summaries of basic facts for adopting a new health plan. 2 Gives reasons for weight gain at different times of life and how to avoid such increases without special diets. 3 Identifies, at a glance, those foods containing excess calories, saturated fats, salt and sugar. Over 300 common foods are examined so that you can easily identify healthy foods without reading minute and confusing Supermarket Food Labels. 4 Finally, The Good, The Bad And The Ugly Fats as well as the need for fibre in food are explained. Professor Norman Ratcliffe 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. Five years ago Professor Ratcliffe decided to produce a comprehensive but easily accessible book on health and fitness to help people of all different ages lead more healthy and fulfilling lives; the result of this five year project is the It s Your Life series of books. There are six books in the series; five of these offer advice in...



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