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8 Weeks to Optimum Health: A Proven Program for Taking Full Advantage (Paperback)

By Andrew T. Weil

Random House USA Inc, United States, 2007. Paperback. Book Condition: New. Revised ed.. 231 x 155 mm. Language: English . Brand New Book. Now expanded and updated the #1 New York Times bestselling book in which one of America s most brilliant doctors shares his famous program for improving and protecting your health Eight Weeks to Optimum Health lays out Dr. Andrew Weil s famous week-by-week, step-by-step plan that will keep your body s natural healing system in peak working order. It covers diet, exercise, lifestyle, stress, and environment all aspects of daily living that affect health and well-being. This revised edition includes the most up-to-date findings on such vital subjects as cholesterol, antioxidants, trans fats, toxic residues in the food supply, soy products, and vitamins and supplements, together with a greatly enhanced source list of information and supplies. Inside you will learn how to develop eating habits for greater health and well-being start an effective exercise program based on walking and stretching work with breathing patterns to decrease stress and improve energy solve sleeping problems eliminate toxins from your diet minimize environmental hazards in your daily life Plus programs tailored to the specific needs of pregnant women, senior citizens,...



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