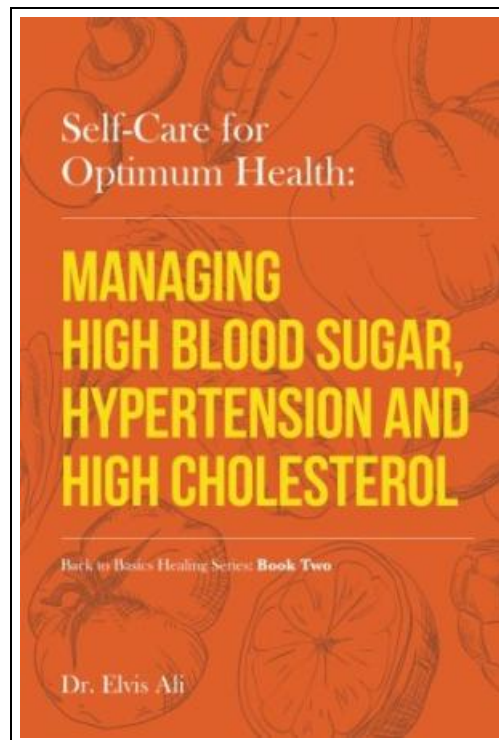


Self-Care for Optimum Health: Managing Hypoglycemia, High Blood Pressure Hypertension (Paperback)



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Reviews



This book is definitely not easy to get going on reading but extremely entertaining to learn. It is actually filled with knowledge and wisdom I am very easily will get a delight of reading a composed ebook.
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SELF-CARE FOR OPTIMUM HEALTH: MANAGING HYPOGLYCEMIA, HIGH BLOOD PRESSURE HYPERTENSION (PAPERBACK)



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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Dr. Elvis Ali s four-book Back to Basics series offer common sense approaches to manage your overall health and wellbeing, naturally. His simple way of explaining the causes and sources of ailments, empowers you to consider alternatives and take charge. Working in partnership with your holistic or medical practitioner, you will be able to find a balanced, harmonious approach to optimal health that enhances the quality of your life. Self-care for Optimum Health: Managing Hypoglycemia, High Blood Pressure High Cholesterol debunks some of the myths and misunderstandings about these three ailments that have reached epidemic proportions in North America. Once we understand what causes them, Dr. Elvis, tells us how to manage them successfully or what preventative measures we can take to avoid developing the illnesses altogether.

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