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*The Cancer Battle Plan*

# HEALTHY HABITS

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# Healthy Habits 20 Simple Ways To Improve Your Health

**Mahe Dee**



## **Healthy Habits 20 Simple Ways To Improve Your Health:**

Healthy Habits David J. Frähm, Anne E. Frahm, 1998-05-04 After the publication of A Cancer Battle Plan Anne Frahm's riveting account of her successful fight against cancer thousands of people wrote asking for more help in knowing what to do to avoid degenerative diseases Healthy Habits an easy to follow guide to taking personal responsibility for your health is the Frahm's response Based on years of research and the findings of hundreds of doctors scientists and nutritionists this book provides all the information needed to begin preventing serious disease curing minor ailments and feeling better While most of us have only a few critical bad habits standing in the way of improved health our most dangerous tendencies often are things we believe are good for us Using the strategies proposed in this book readers can easily start to develop good habits to replace bad ones Healthy Habits offers an invaluable nutritional program for anyone wishing to perpetuate good health

A Cancer Battle Plan Sourcebook David J. Frähm, 2000-03-06 Since its publication A Cancer Battle Plan has sold more than 200 000 copies and continues to be a source of inspiration and information for people struggling with cancer and other degenerative diseases Now Dave Frahm offers a companion book of practical help and guidance for those who want to build a natural program to lighten their toxic load better their health and find a healthy safe way to fight chronic disease In A Cancer Battle Plan Workbook readers will start to regain control of their health and learn how to identify the stressors impacting health detoxify the body restore the body's natural healing power and protective system assess how the body is performing and what help it needs and develop six key characteristics of people who have won back their health With A Cancer Battle Plan Workbook readers can begin to win the war against cancer

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*Heart Attack and Congestive Heart Failure* Edward C. Wilson, 2024-02-16 Many people who carry a family history of heart disease and stroke worry about that serious risk They can find helpful information in *Heart Attack and Congestive Heart Failure 20 Simple Lifestyle Changes to Prevent and Reverse Heart Disease* This easy to understand guide walks the reader through in depth research and the most current information about how to improve the condition of the heart The American Heart Association says that heart disease continues to be the number one cause of death in the United States taking 380 000 individuals in 2010 Beyond that staggering statistic the Heart Association says that over 83 million Americans currently have heart disease or have had a stroke This book outlines 20 healthy and simple lifestyle changes that can eradicate heart disease and it also tells how to increase energy and reach health related goals Easy to implement effective and side effect free these healthy habits can help anyone improve their health for today and for many years to come Start reading this book today to prevent and to treat heart disease

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