



Health Secrets for Baby Boomers: Jump Start Your Life (Paperback)

By Shari Martin

iUniverse, United States, 2005. Paperback. Book Condition: New. 221 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.If you are ready to improve your health with natural methods, Health Secrets for Baby Boomers is your fundamental guide on how to use vitamins, herbs, and healthy foods as alternatives to over-the-counter and prescription medications. With over seventeen years of experience as a holistic health consultant, author Shari Martin not only shares eye-opening facts and statistics about current health issues, but also discusses her personal journey from chronic illness early in life to her current state of overall well-being and healthy living. Martin addresses current critical health issues to our society such as diabetes, chronic fatigue, and obesity, while suggesting specific ways to increase energy, combat sickness and disease, and keep your body functioning at its optimum level. Other covered topics include: How and why you should eat a well-balanced diet How an efficient digestive system can play an important role in overall health How to increase your energy level and ward off infection Health Secrets for Baby Boomers will help you take charge of your wholeness by encouraging you to make informed decisions--ultimately teaching you how...



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