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Prevent This: A Simple Guide to Beat Disease (Paperback)

By MS Cindy M Fuchser

Createspace, United States, 2014. Paperback. Book Condition: New. 198 x 124 mm. Language: English . Brand New Book ***** Print on Demand *****. Prevent This was written by a critical care nurse with the intention of motivating men and women of all ages and education levels to put their health first. It describes the tragedy of illness in blunt simple terms that is easy for the non-health professional to understand, specifically delineating many of today's common chronic ailments. It also provides simple easy steps that are free and accessible to all that can be taken to avoid these devastating disease states that are a consequence of modern living. The author has spent most of her life seeking and practicing health behaviors for personal health improvement while at the same time working as a registered nurse in the acute care setting and wondering why the medical profession and our health care system does not pass on the simple life saving strategies she provides in this book. The book is likely to steer to action the currently non health conscious as well as provide something new for those who already take an active part in their health. It is a quick...



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Reviews

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