



## Health Hero (Paperback)

By MR Nishant K Baxi

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Are you sick and tired of forever seeming to have health and weight problems? Does it seem like no matter what you try -- or how much money you spend -- you NEVER seem to shake the feeling of having ill health or being overweight? Well, be sure to read this entire letter very carefully, because we're about to show you how you can safely and easily STOP your lack of knowledge about healthy eating, feeling ill, and feeling like you are always at the doctor. . and start feeling healthier! The Story Behind Our Search For a Remedy We first got interested in developing a remedy for better overall health after we realized that a sound diet is associated with infinite advantages, including a bettered immune system, reduced risk for sickness and disease and bettered longevity. When years of unhealthy eating pile up, these factors might suffer. An unhealthy diet increases one's odds of developing grave conditions like osteoporosis, hypertension and cardiovascular diseases. To preclude such illnesses, consider a balanced, nutrient-rich diet long before symptoms...

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