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42 Days to a New Life

By M Frank Lyons II

Xulon Press, United States, 2007. Paperback. Book Condition: New. 211 x 137 mm. Language: English . Brand New Book ***** Print on Demand *****.America is in the midst of the greatest epidemic of its history. It is not a virus; it is not global warming; it is not obesity, per se. It is the imbalance of fat in our diet that is leading to heart disease, cancer, depression, ADD/ADHD, osteoporosis, arthritis, and many other disorders. Why are 650,000 Americans dying annually from heart attacks? Why are 3 young adults committing suicide every day? Why do we all know of a loved one suffering or dead from cancer? These and many other questions about the decay of America's health are answered by the imbalance of fat in the western diet. This book explores the background and devastation caused by this fat imbalance that has developed in our lifetime. From alpha to omega, it gives you guidance toward better health, and a new life in 42 days. M. Frank Lyons II, M.D., a practicing gastroenterologist in Tacoma, Washington, has been a clinical researcher, writer, and teacher for over a quarter of a century. A Fellow of the American College of Gastroenterology...

Reviews

Thorough information for ebook enthusiasts. It is rally fascinating throug reading through period of time. It is extremely difficult to leave it before concluding, once you begin to read the book.

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Very beneficial to all category of folks. I really could comprehended every little thing out of this created e publication. I found out this book from my dad and i encouraged this ebook to discover.

-- **Maia O'Hara**