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STAYING YOUNG AND HEALTHY



Xulon Press, United States, 2012. Paperback. Book Condition: New. 213 x 137 mm. Language: English . Brand New Book ***** Print on Demand *****.How can we all enjoy youthful, vibrant health in a society that continually encourages us to make unhealthy choices? This book goes far beyond the usual writings on diet and exercise to include a total approach to healthful living -- physically, emotionally, spiritually and mentally. Dr. Teitelbaum shares health-promoting lessons learned from his studies in osteopathic medicine,...

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- Authored by D O David E Teitelbaum
- Released at 2012



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Reviews

Just no words to clarify. It really is loaded with knowledge and wisdom You wont really feel monotony at at any moment of your own time (that's what catalogues are for concerning when you ask me).

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