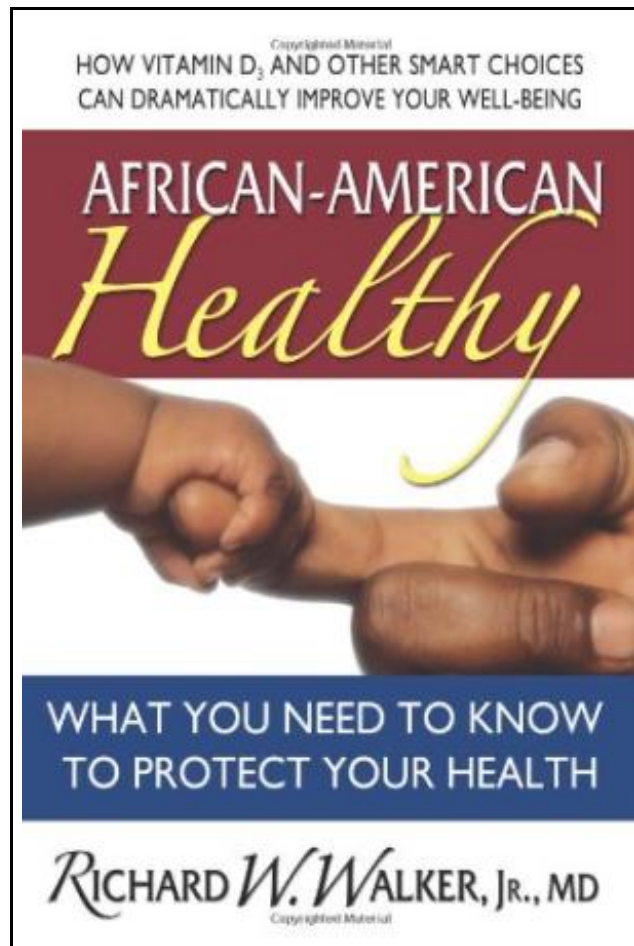


African-American Healthy: What You Need to Know to Protect Your Health (Paperback)



Filesize: 3.26 MB



Reviews

An extremely amazing publication with lucid and perfect answers. It is written in easy phrases instead of confusing. I am just very happy to inform you that this is the best pdf we have read in my own daily life and can be the greatest publication for at any time.
(Mrs. Madonna Bosco)

AFRICAN-AMERICAN HEALTHY: WHAT YOU NEED TO KNOW TO PROTECT YOUR HEALTH (PAPERBACK)



Square One Publishers, United States, 2011. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book. It s no secret that African-Americans top the list of groups afflicted by hypertension, stroke, diabetes, heart disease, renal failure, and cancer. What the statistics do not show is the pain, misery, and despair that these conditions create, not only for the individual, but also for family and friends. As an African-American doctor, Dr. Richard Walker has studied these conditions among his patients for many years. Now, for the first time, Dr. Walker believes that research has found a commonsense way to prevent, reduce, and possibly eliminate these killers, turning the tide of African-American health. Dr. Walker begins by looking at the black community s lifestyle, which has radically changed over the centuries, shifting people from hours spent under a blazing sun to a life of minimum sunlight exposure. From there, it is clear that the missing puzzle piece of African-American health is a chronic lack of Vitamin D3. Most important, Dr. Walker explains how this crucial factor can be added to a daily routine along with components such as nutritional supplements, diet, and exercise. He then focuses on each major illness affecting the black community and explores what it is, what its symptoms are, and how the reader can avoid or treat the problem. A concise yet critical guide, African-American Healthy offers an important first step towards achieving a healthier, longer life for millions of people.

-  [Read African-American Healthy: What You Need to Know to Protect Your Health \(Paperback\) Online](#)
-  [Download PDF African-American Healthy: What You Need to Know to Protect Your Health \(Paperback\)](#)

Other PDFs



Children s Rights (Dodo Press) (Paperback)

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s author...

[Save PDF »](#)



Goodparents.com: What Every Good Parent Should Know About the Internet (Hardback)

Prometheus Books, United States, 2000. Hardback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. The Internet may now be the most powerful, single source of information in the world, and...

[Save PDF »](#)



DK Readers L1: Jobs People Do: A Day in the Life of a Teacher (Paperback)

DK Publishing (Dorling Kindersley), United States, 2001. Paperback. Book Condition: New. American.. 224 x 150 mm. Language: English . Brand New Book. This Level 1 book is appropriate for children who are just beginning to...

[Save PDF »](#)



The Three Little Pigs - Read it Yourself with Ladybird: Level 2 (Paperback)

Penguin Books Ltd, United Kingdom, 2013. Paperback. Book Condition: New. 222 x 150 mm. Language: English . Brand New Book. In this classic fairy tale, the three little pigs leave home and build their own...

[Save PDF »](#)



Three Simple Rules for Christian Living: Study Book (Paperback)

Abingdon Press, United States, 2009. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book. Three Simple Rules for Christian Living by Jeanne Torrence Finley and Rueben P. Job This small-group...

[Save PDF »](#)

**Fifty Years Hence, or What May Be in 1943 (Paperback)**

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. Fifty Years Hence is a quasi-fictional work by Robert Grimshaw, a professional

[Save ePub »](#)

**A Kindergarten Manual for Jewish Religious Schools; Teacher s Text Book for Use in School and Home (Paperback)**

Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can download

[Save ePub »](#)

**Tales of Wonder Every Child Should Know (Dodo Press) (Paperback)**

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s author

[Save ePub »](#)

**The Mystery of God s Evidence They Don t Want You to Know of (Paperback)**

Createspace, United States, 2012. Paperback. Book Condition: New. 276 x 214 mm. Language: English . Brand New Book ***** Print on Demand *****.Save children s lives learn the discovery of God Can we discover God?

[Save ePub »](#)

**Penelope s Irish Experiences (Dodo Press) (Paperback)**

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s author

[Save ePub »](#)