The Whiz Kids Perfect Health Guide Increase Life Span, Lose Weight, and Live Happier



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Reviews

Unquestionably, this is actually the very best work by any article writer. It usually does not price a lot of. Once you begin to read the book, it is extremely difficult to leave it before concluding. (Augustine Pfannerstill)

THE WHIZ KIDS PERFECT HEALTH GUIDE INCREASE LIFE SPAN, LOSE WEIGHT, AND LIVE HAPPIER



Paperback. Book Condition: New. Paperback. 181 pages. Profits support the Horizons for Homeless Children in BostonWant to lower cholesterol levels Want to increase your lifespan Just want to read this book to kill timeWell, congratulations because you have found the correct book. Please do not find the number of pages intimidating because the lessons contained within this book are meant to help consumers live the most healthy lifestyle ever by teaching them the significance of avoiding drugs, cutting down on fried foods, resolving conflicts in a peaceful manner, and learning how to treat diseases with tips presented on how to avoid contracting them in the first place. Danny Singh financial whiz kid refinanced his mothers house and car at 14 and has been doing seminars to educate students on how to detect diploma mill schools, save money by attending a community college, and repay their student loans with the least amount of interest and fees. Now he is focusing his attention on another issue. The Centers for Disease Control and Prevention has reported that heart disease and cancer are the 2 highest leading causes of death in America. In response to this epidemic, Danny advocates consumers avoiding drugs and focus more on consuming foods filled with vitamins, proteins, carbohydrates, and other nutrients as recommended by the Food Guide Pyramid that are vital for the overall well-being of a consumer. In addition to avoiding drugs, techniques will be presented on how consumers can incorporate daily exercise routines into their lifestyles while managing time for relationships with friends and family and...

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