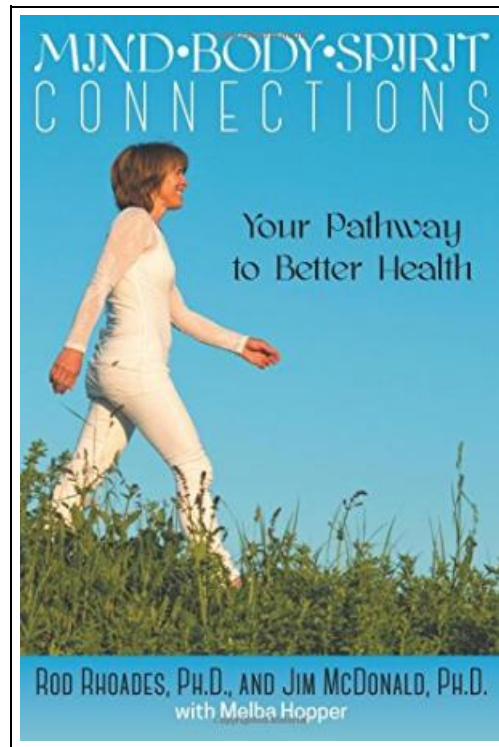


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Dog Ear Publishing, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Take control of your health, longevity, and well-being Today over sixty percent of the people in our country are overweight, and we are facing a near-epidemic of obesity and diabetes. You may be asking, How can I take control of my own health? If so, this book is your answer. You will discover how lifestyle choices lead to a long, healthy, and vibrant life. Open the book to find: The power of the mind-body-spirit connection How you can take a profoundly positive step regarding your behavior and health by shifting from a passive to a proactive approach How to increase harmony and synchronicity in your life Misconceptions about change and ways to handle the stress of change The new science of aging and staying functionally younger Exercise-induced changes that can work for you What good nutrition is and why some diets work and others don't How the synergism of combining exercise, diet, and social involvement leads to big health benefits Special chapter on women's health and special concerns Three chapters on alternative medicine and healing approaches Rod Rhoades, Ph.D., is Professor Emeritus of Medicine at Indiana University School of Medicine. Dr. Rhoades was, until his retirement in 2003, department chair of Cellular and Integrative Physiology. He has more than thirty-five years of experience in medical research and medical education. He has published numerous research articles and reviews. Dr. Rhoades is also author and co-editor of Human Physiology and Medical Physiology: Principles for Clinical Medicine, respectively. Jim McDonald, Ph.D., is Professor Emeritus at the Indiana University School of Dentistry where he taught Nutrition, Molecular Biology, and Oral Disease Prevention for thirty-six years; he also served...



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