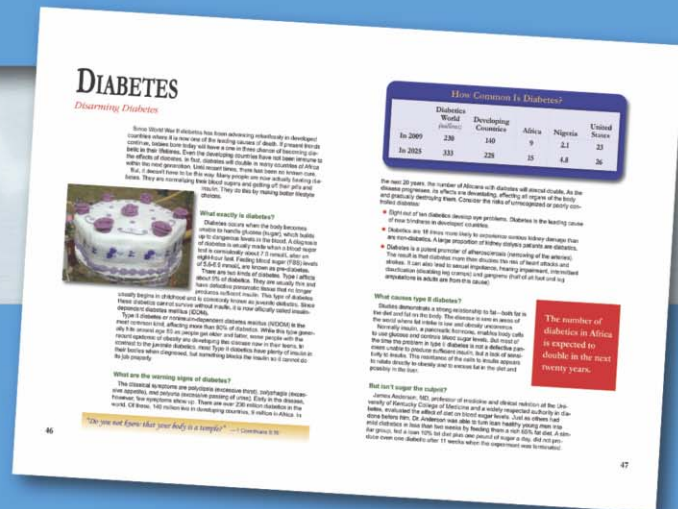


Lifestyle Books



Health Power

The main objective of **Health Power** is to educate and motivate people to adopt a healthier lifestyle.

'This book may be the most practical and clear guide I have seen to achieve a better lifestyle.' (Dan Matthews, TV host of *Lifestyle Magazine*.)

Health comes by choice, not by chance.

The authors of **Health Power** have been in the forefront of preventive medicine since long before it was fashionable. They confront health questions and anxieties with compelling evidence and grace. No one can read even a few of these chapters and remain the same.

What information and principles should we follow to achieve powerful good health? We must understand and strive to balance all parts of our life: work, family, health, friends, religion.

With a clear and practical approach, the 7 sections of **Health Power** will help you realise that all these aspects are largely under your control.

1. Section 1 gives us a Health Outlook for today's society:

- Myths and miracles in the medical world
- The Western diet: is there anything wrong with it?
- Seven wrong roads to modern nutrition
- Growing healthy kids
- Ageing healthily and gracefully.

2. In Section 2 we will learn how we can prevent and even reverse many of today's major killer diseases such as diabetes, high blood pressure, heart-related diseases, AIDS, alcoholism, skin allergies and even cancer, among others.

3. By reading 'Understanding Food' in Section 3 and 'Weight Control' in Section 4, we can learn how to make sense out of confusing and often contradictory health information.

- How digestion works
- Information about different kinds of bread
- Who needs milk?
- Good vs. bad cholesterol

4. Find out how to achieve your optimum weight in Section 4, looking at 'quick-fix' diets, snacks, breakfast, soft drinks, and a 'fail-safe formula' for eating more yet weighing less!

5. Section 5 introduces all the elements to have a new start in your life using natural remedies.

6. We can learn how to strengthen our social and family relationships at the same time as cultivating a more meaningful spiritual life by reading about the mind-body connection in Section 6.

7. The last section contains very practical advice on how to make the transition to a healthier lifestyle, including easy-to-apply tips on how to Eat for Health and Live for Health!

Health Power will help you discover – day by day and step by step – not just a better life, but the best life!

