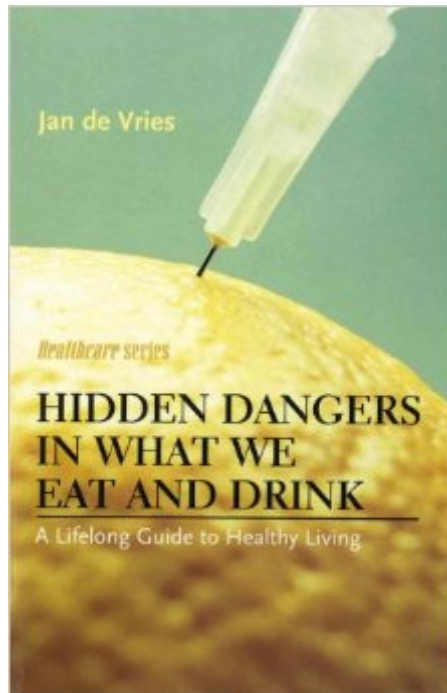


The book was found

# Hidden Dangers In What We Eat And Drink: A Lifelong Guide To Healthy Living (Jan De Vries Healthcare)



## Synopsis

Food and drink today contains many additives, E numbers, and other hidden dangers that could affect people physically, mentally, and emotionally. The growth in the problems of hyperactivity and autism are just two examples of the perils of an unbalanced food pattern. This book contains advice on food and dietary management, highlights the potential problems with what we consume, and provides sensible advice on how to adjust our food pattern accordingly when certain problems arise. The immune system is very complex and depends on the nutritional values necessary for energy and vitality. In today's fast-moving society, there are many convenience foods available, and these foods can ultimately damage the immune system. As such, there is a great need for more natural input in order to get the right output, namely healthy living.

## Book Information

Series: Jan de Vries Healthcare

Paperback: 128 pages

Publisher: Mainstream Publishing (March 1, 2003)

Language: English

ISBN-10: 1840185163

ISBN-13: 978-1840185164

Product Dimensions: 4.9 x 0.7 x 7.8 inches

Shipping Weight: 7.8 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #2,931,270 in Books (See Top 100 in Books) #80 in Books > Health, Fitness & Dieting > Nutrition > Food Additives #798 in Books > Medical Books > Pharmacology > Toxicology #1095 in Books > Health, Fitness & Dieting > Alternative Medicine > Homeopathy

[Download to continue reading...](#)

Hidden Dangers in What We Eat and Drink: A Lifelong Guide to Healthy Living (Jan de Vries Healthcare) Healthy Drink Recipes: All Natural Sugar-Free, Gluten-Free, Low-Carb, Paleo and Vegan Drink Recipes with Max. 5 Ingredients Eat, Drink, And Be Healthy - Harvard Medical School Guide To Healthy Eating The Healthy Home: Simple Truths to Protect Your Family from Hidden Household Dangers Best Halloween Drink Recipes: Spooktacularly Delicious Halloween Drink Recipes Caffeine Blues: Wake Up to the Hidden Dangers of America's #1 Drug Exposing the Hidden Dangers of Iron: What Every Medical Professional Should Know about the Impact of Iron on the Disease Process Uninformed Consent : The Hidden Dangers in Dental Care The Book on

Healthcare IT: What You Need to Know About HIPAA, Hospital IT, and Healthcare Information Technology CHALLENGES OF BIG DATA ANALYTICS APPLICATIONS IN HEALTHCARE: The Future of Healthcare Participatory Healthcare: A Person-Centered Approach to Healthcare Transformation (HIMSS Book Series) Healthy Aging: A Lifelong Guide to Your Physical and Spiritual Well-Being Healthy Aging: A Lifelong Guide to Your Well-Being Eat, Drink, and Be Mad Libs (Adult Mad Libs) Eat, Drink, Think in Spanish: A Food Lover's English-Spanish/Spanish-English Dictionary Living Off The Grid And Loving It: 40 Creative Ways To Living A Stress Free And Self-Sustaining Lifestyle (Simple Living, Off Grid Living, Off The Grid Homes, DIY Survival Guide, Prepping & Survival) Jan's Story: Love Lost to the Long Goodbye of Alzheimer's Conundrum: From James to Jan - An Extraordinary Personal Narrative of Transsexualism La Sonnambula: An Opera In Three Acts. As Represented By Mme. H. Sontag At Niblo's, Jan. 1853. [authorized Edition]... The Mountain Poems of Meng Hao-Jan

[Dmca](#)