



Nutrition, Physical Activity, and Quality Aging (Paperback)

By George J Holland Phd

Page Publishing, Inc., United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The first part of this book will help the reader better understand the biology of aging; including changes in the heart, blood vessels, skeleton, muscle and the nervous and immune systems. Four chapters are devoted to what we put in our mouths each day; food, liquid (including alcohol) and tobacco products, and how this affects our susceptibility to major chronic diseases, such as heart attack, stroke, diabetes, hypertension, and selected cancers. This association between food and disease requires that consumers learn how to interpret the Food Facts Label on retail containers so they can control how much sugar, fats, cholesterol, and total calories they ingest as a result of their food choices. Another major section of the book scrutinizes the multi-billion dollar food supplement industry (vitamins, minerals and a myriad of other dietary supplements designed to supposedly slow aging, regrow hair, reduce wrinkles and even enhance your sex life). Practical guidelines are provided so that the consumer understands the importance of prior discussion with your primary physician prior to initiating. The latter section of the manuscript is oriented to the Physical...



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