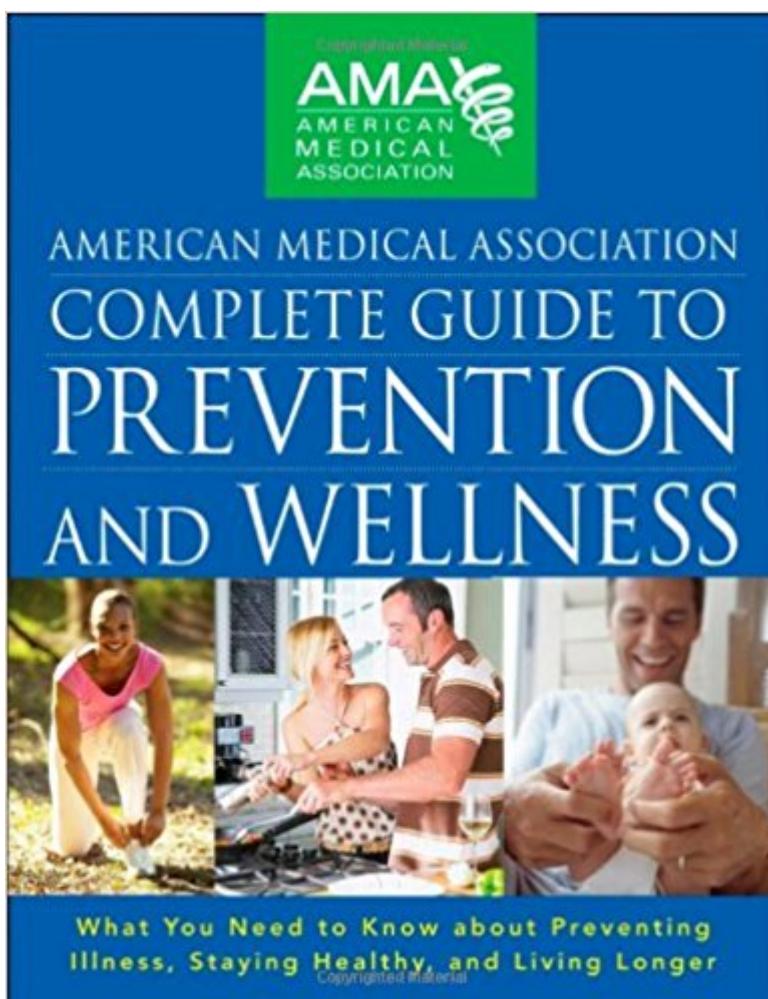


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# American Medical Association Complete Guide To Prevention And Wellness: What You Need To Know About Preventing Illness, Staying Healthy, And Living Longer



## Synopsis

MORE THAN 3 MILLION AMERICAN MEDICAL ASSOCIATION BOOKS SOLD From America's most trusted source for medical advice--a comprehensive guide to preventing illness and promoting wellness If you're one of the millions of people who have decided to take more direct control of their health by focusing on illness prevention and self-care, the American Medical Association Complete Guide to Prevention and Wellness is the resource you need. This authoritative guide provides valuable information to help you prevent disease and stay healthy throughout your life. It lays out the foundations of good health and shows you the basic steps you can take to reduce your health risks and prevent major illnesses such as heart disease, stroke, type 2 diabetes, high blood pressure, and some forms of cancer. You will learn how to avoid these and other common afflictions by making lifestyle changes and understanding what your body needs to stay fit and healthy. Filled with leading-edge information, this indispensable reference also describes key risk-reducing measures, from eating a healthy diet and being more physically active to reducing stress, getting a good night's sleep, and having all the recommended screening tests. You will find the most effective techniques for avoiding food-borne illnesses, and you'll learn how to minimize specific risks for children, adolescents, women, and men. Comprehensive in scope, easy to navigate, and filled with clear, helpful information and illustrations, the American Medical Association Complete Guide to Prevention and Wellness is the essential health resource for every age and stage of life.

## Book Information

Hardcover: 552 pages

Publisher: Wiley; 1 edition (September 1, 2008)

Language: English

ISBN-10: 0470251301

ISBN-13: 978-0470251300

Product Dimensions: 7.9 x 1.4 x 9.5 inches

Shipping Weight: 2.4 pounds

Average Customer Review: 4.7 out of 5 stars See all reviews (3 customer reviews)

Best Sellers Rank: #716,660 in Books (See Top 100 in Books) #6 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Bone Cancer #36 in Books > Health, Fitness & Dieting > Children's Health > Allergies #65 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Reference

## Customer Reviews

This is an excellent book for anyone who would like to improve their health or just wants to look up medical information. It was much better than I had expected and feel everyone should own a copy. So many topics for a great price!

very informative

Bought it for college class...has lots of strategies for stressed out person

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