

Fighting Fit - Surendra Bordia

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Fighting Fit is a concise, crisp everyday guide to living longer, healthier and happier. Fighting Fit shows:* How to increase your life span and reduce the risks of prostate cancer.* What to drink and eat, and what to shun.* How moderate use of wine and coffee can be good for you.* How breathing plenty of fresh air, having a sexually active life and doing household chores can keep your body in perfect tone.* What body shapes are really healthy and beautiful.* How to reduce the risks of chronic diseases by staying away from plastic and chemical products.* What to learn from centenarians for our happiness and longevity. And scores of other tips, based on sound published research. Author: Bordia, Surendra Publisher: Sid Harta Publishers Illustration: N Language: ENG Title: Fighting Fit Pages: 00148 (Encrypted EPUB) On Sale: 2012-04-01 SKU-13/ISBN: 9781921829130 Category: Health & Fitness : Sleep & Sleep Disorders

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