



VIBRANT HEALTH THROUGH BETTER NUTRITION & HYGIENE

Vibrant Health Through Better Nutrition and Hygiene offers steps to lessen or prevent threats to well-being and longevity. It provides the leading causes of bad health and factors that put a human at risk for a variety of problems and the important measures to reduce those risks. It may be a useful guide for protecting the body against the effects of common age-related problems that can diminish the quality of life. The book includes information for strengthening the body defense system to ensure a healthier life. The book has been designed for students and people who want to learn about maintenance of good health via food. The book differs from others because of its contents and format. The book synthesizes information from numerous sources that have never been brought together.

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