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Legislative Documents Submitted to the ... General Assembly of the State of Iowa Iowa. General Assembly, 1900

Eat Well, Age Better Aileen Burford-Mason,2013-12-18 Eat Well Age Better shows how you can recognize your nutritional shortfalls deficits that will increase your risk of the degenerative diseases of age including diabetes osteoporosis dementia macular degeneration heart disease and stroke Backed by the latest research Eat Well Age Better describes in straightforward language how to be your own nutritionist By taking control of your diet now and understanding how to optimize it with selected vitamins and other supplements you can increase energy strengthen your immune system maintain a healthy brain and embark upon your retirement years with vigour and vitality

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