

Woman's life to pay attention to the details of the 100 health



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Reviews

Comprehensive guideline! Its such a good read through. It is actually writter in basic words and not confusing. I am just easily could possibly get a enjoyment of reading a composed book.
(Lonzo Wilderman)

WOMAN'S LIFE TO PAY ATTENTION TO THE DETAILS OF THE 100 HEALTH

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paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Pages Number: 433 Publisher: Heilongjiang Science and Technology Press Pub. Date :2009-4-1. This book advocates the details of the determinants of health concept, which made a woman's life must pay attention to the details of the 100 health. the details of these health women's daily life is the most common and most easily overlooked, and it is these small details to women's health is a big threat, and even affect their lifetime of happiness. Book to lead healthy female friends know ignore the details of the harm, and made a scientific solution. For example, many women lose weight, or the morning rush to work, often do not eat breakfast, this diet is not only not conducive to weight loss, the opposite is more likely to lead to obesity, but also lead to malnutrition, constipation, and even diabetes, gallstones, etc. a variety of diseases, the correct approach is to choose nutritionally balanced food for breakfast. Through scientific analysis of the book, in plain language and helping women understand those previously neglected, closely linked with the health of the details of health, life and work to get rid of bad habits, to make you healthy. Contents: hair did not dry. Do not sleep on heart care hair loss acne facial mole son should not be taken lightly squeeze not only very hard when necessary to use eye drops do not forget to brush your teeth brush your tongue through the nose improper maintenance provoke rhinitis pierced ears, loss of cervical pillow is too high to be careful when bathing with 3 minutes to do self breast delicate hand to the street, nail Beautiful halter top also freeze and sit-ups to be...

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