

Staying Healthy with the Seasons

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Nature's cycles affect not only the external climate, but also our internal health and mental well-being. With this as its primary tenet, STAYING HEALTHY WITH THE SEASONS revolutionized the fields of preventive and integrated medicine when it was first published in 1981, and introduced a seasonal approach to nutrition, disease prevention, and mind-and-body fitness. A leading practitioner of the season-based lifestyle theory, Dr. Elson Haas provides simple, logical advice for achieving glowing good health: Bring the mind and body into balance with the earth, and consume a diet that emphasizes in-season, chemical-free foods. Joining Western and Eastern medicines with seasonal nutrition, herbology, and exercise practices, this timeless classic, revised for the 21st century, provides the keys to staying healthy from spring right on through winter. A landmark text in mind/body health and seasonal nutrition, revised for the new millennium, with a new introduction, updated resources, and extended appendices. Makes seasonal recommendations for detoxification, diet, and exercise programs. Previous edition has sold over 125,000 copies.

Now in its 21st printing with over 115,000 books in print. Elson M. Haas, MD, is the founder and director of the Preventive Medical Center of Marin in San Rafael, California, one of the leading integrated healthcare facilities in the country. He is the author of several popular health and nutrition books, including THE NEW DETOX DIET, STAYING HEALTHY WITH THE SEASONS, and THE FALSE FAT DIET.

Other Books

100 Things Bears Fans Should Know & Do Before They Die. Revealing the most critical moments and important facts about past and present players, coaches, and teams that are part of the storied history that is Bears football, this book has pep talks, records, and Bears lore scattered throughout the pages. The Bears' longtime rivalry with the Green Bay Packers, little-known facts about many of the Bears' record 27 Hall of Famers, and profiles of unforgettable Bears personalities such as Ditka, Payton, Jim McMahon, Brian Urlacher, Jay Cutler, and others are all included. Die-hard fans who know all the words to the "Super Bowl Shuffle" and new supporters alike will find everything Bears boosters should know, see, and do in their lifetime.

“ Luckman was the Bears' starting quarterback for 10 seasons . Wade started for only four seasons . McMahon was the starter for seven seasons but had the hardest time staying healthy . Since McMahon left the team in 1988, quarterback play ...”