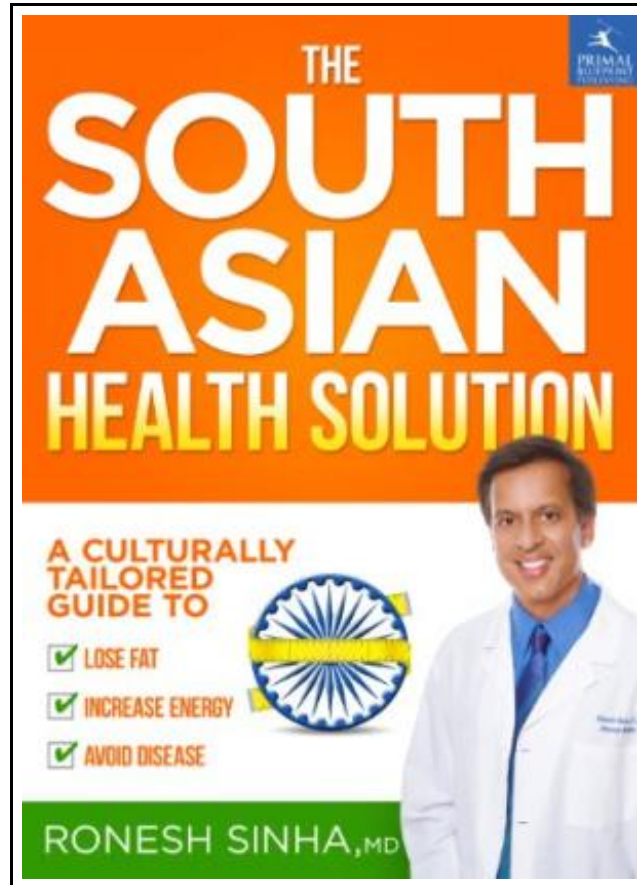


The South Asian Health Solution (Hardback)



Filesize: 2 MB

Reviews

Extensive guideline! Its such a great go through. It is definitely basic but surprises in the 50 % of the pdf. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Fernando Hahn)

THE SOUTH ASIAN HEALTH SOLUTION (HARDBACK)

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Primal Nutrition, United States, 2014. Hardback. Book Condition: New. 236 x 170 mm. Language: English . Brand New Book. The South Asian Health Solution is the first book to provide an ancestral health-based wellness plan culturally tailored for those of South Asian ancestry living in India, the United States and across the world a population identified as being at the highest risk for heart disease, diabetes, obesity, and related conditions. Dr. Ronesh Sinha, an internal medicine specialist in California s Silicon Valley, sees high risk South Asian patients and runs education and wellness programs for corporate clients. He has taken many South Asians out of the high risk, high body mass category and helped them reverse disease risk factors without medications. His comprehensive lifestyle modification approach has been validated by cutting edge medical science and the real-life success stories he profiles throughout the book. Inside you ll learn: . Look beyond LDL to accurately interpret cholesterol and other heart disease risk numbers . Modifying cultural traditions that lead to weight gain and disease . How to effectively manage sleep, stress and fatigue . Specific advice for women, children, and seniors The South Asian Health Solution explains complex medical circumstances and terminology in an easy to understand voice, allowing you to grasp the how s and why s of dietary and lifestyle modification to prevent disease. QA with Ron 1. There are tons of health related books currently on the market. What was it about the subject you chose to write about in your book that made you feel so passionate about spreading the word and getting your book published? South Asians, who are mostly Asian Indian, have one of the highest risks of heart disease and diabetes in the world, and most books and content don t address their needs...

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