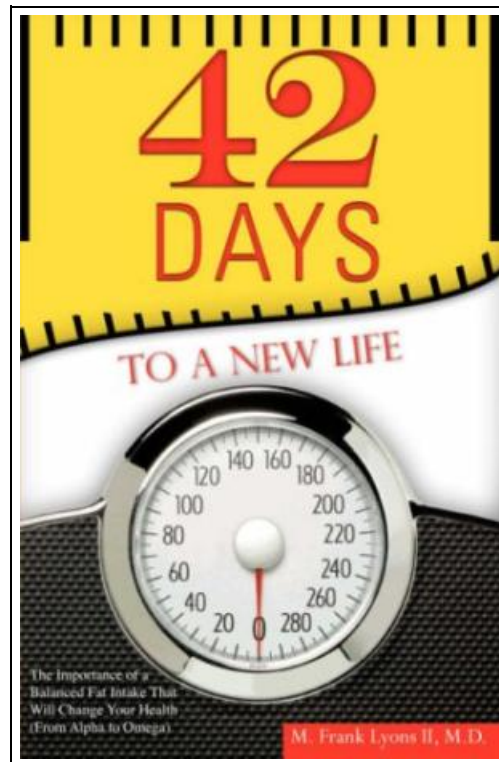


42 Days to a New Life



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Reviews

A really wonderful book with lucid and perfect reasons. This can be for all who statte there was not a worth reading through. You are going to like how the author write this book.

(Dr. Grady Jacobi DDS)

42 DAYS TO A NEW LIFE



Xulon Press, United States, 2007. Paperback. Book Condition: New. 211 x 137 mm. Language: English . Brand New Book ***** Print on Demand *****.America is in the midst of the greatest epidemic of its history. It is not a virus; it is not global warming; it is not obesity, per se. It is the imbalance of fat in our diet that is leading to heart disease, cancer, depression, ADD/ADHD, osteoporosis, arthritis, and many other disorders. Why are 650,000 Americans dying annually from heart attacks? Why are 3 young adults committing suicide every day? Why do we all know of a loved one suffering or dead from cancer? These and many other questions about the decay of America's health are answered by the imbalance of fat in the western diet. This book explores the background and devastation caused by this fat imbalance that has developed in our lifetime. From alpha to omega, it gives you guidance toward better health, and a new life in 42 days. M. Frank Lyons II, M.D., a practicing gastroenterologist in Tacoma, Washington, has been a clinical researcher, writer, and teacher for over a quarter of a century. A Fellow of the American College of Gastroenterology and the American College of Physicians, he has answered many clinical questions through his scientific investigations. His medical research has included hepatitis C, esophageal diseases, Helicobacter pylori infections, and intestinal cancer prevention. He has received several teaching, research and clinical awards, and has authored chapters of textbooks, scientific papers and abstracts. Dr. Lyons obtained his B.S. and M.S. degrees in microbiology from the University of Idaho. He then received his Doctorate in Medicine from the Uniformed Services University of the Health Sciences in Bethesda, Maryland. Married to his wonderful wife, Clare; he has five beautiful children: Beth, Jon, Rebecca, Joe...



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