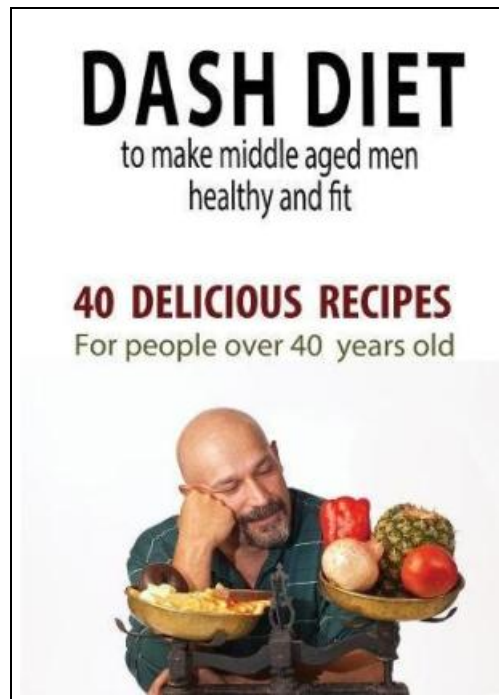


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Reviews

*Basically no words to describe. It is filled with knowledge and wisdom I am just pleased to let you know that this is actually the greatest publication i have read within my individual lifestyle and may be he best publication for at any time.
(Prof. Ron Gaylord II)*

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Andrei Besedin, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Are you above the age of 40? Some health problems might be knocking at the door. There are lots of health problems you can possibly experience at your middle age. Below are the problems: -Fat and too much weight works together. Too much weight is caused by fat and no doubt, it results in many health issues. This could be diabetes, stroke, cancer, heart disease and some others. -Heart problems can slowly walk in as you grow older. These can be heart valve disease, conjunctive heart failure, heart attack, coronary artery disease and many others. This can result in a chronic illness like stroke. -Chronic pain is a problem you might not be able to escape as you increase in age. At your middle age, you tend to be more active in taking responsibilities and this can lead to pains such as back pains, tendonitis, arthritis, and other conditions that cause pain. -Reduction in bone density is another common health issue when you are at age 40 and above. It is called osteoporosis and it leads to fractures, easy fatigue, and many others. -Adding to the problems mentioned above, reproductive problems like testosterone deficiency and erectile dysfunction can creep in. Also, anxiety and depression can tag along. Experiencing these health issues can be frustrating and even cause people affected to dedicate their time and life earnings to medical care. No doubt, the medical cost will increase. Since we have different choices, some might decide to neglect the medical care. It might be because they can't dedicate their time or don't want to spend their cash on treatment. Do you know you can avoid the health problems mentioned above? Asking how? The...



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