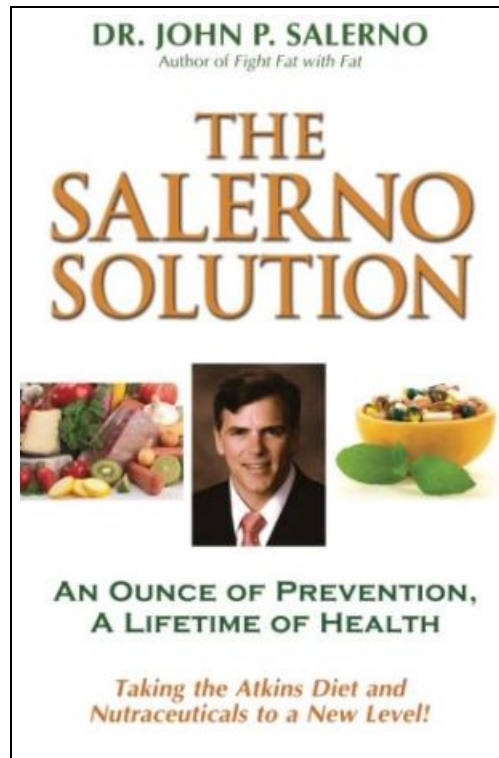


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THE SALERNO SOLUTION: AN OUNCE OF PREVENTION, A LIFETIME OF HEALTH



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Take Charge Books, United States, 2013. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.The United States is on the verge of a health crisis of monumental proportions. We have virtually eradicated polio, measles and other devastating diseases, made childbirth significantly safer for both mothers and infants and saved countless lives with antibiotics. Likewise, we have dramatically lower rates of infectious diseases such as tuberculosis, rheumatic fever, influenza and periodontal disease - meaning that today's children, unlike their peers 70 years ago, can expect to survive beyond their first few years. However, these and other impressive medical victories are now being undermined by a bevy of other health problems, many of our own making. For the first time, children born today are likely to have a shorter lifespan than their parents, thanks to damage that will be wrought by the terrible trio of obesity, diabetes and Alzheimer's. We know that our health problems are pandemic. The rates of obesity, diabetes, environmentally-related cancers and dementia are skyrocketing. We live in a toxic world where our bodies are continuously assaulted with toxic chemicals, food additives and even electromagnetic pollution. Even as our bodies are burdened with an increasingly greater toxic burden, we are less able to defend ourselves against their assault, weakened as we are by the Standard American Diet (SAD). And now we are exporting this unhealthy way of eating to the rest of the world. Ironically, most of the diseases that plague us in the 21st century are associated with excess consumption, specifically heart disease, diabetes, obesity, many forms of cancer and even Alzheimer's. Excess intake of white flour, sugar, other refined carbohydrates and trans fats is the culprit that robs us of our health, stamina...



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