

(Free and download) Basic Prevention: A Guide to Healthy Aging

Basic Prevention: A Guide to Healthy Aging

Henry Acres

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Henry Acres : Basic Prevention: A Guide to Healthy Aging before purchasing it in order to gage whether or not it would be worth my time, and all praised Basic Prevention: A Guide to Healthy Aging:

Aging is not a disease; it's a normal part of life. BASIC PREVENTION is your guide to aging successfully. It will help you increase the time in your older years when you are independent and enjoying your life. It may decrease the time, if any, in your older years when you must depend on others to help you through the day. Each section of BASIC

PREVENTION concludes with "What You Can Do." Find out what you can do to keep your mind sharp, to keep your bones strong, to avoid falls, to understand what cholesterol is, to understand what medicines you should-and should not-take, to understand what your blood pressure tells you, and to learn many other things that will help you age successfully. The second part of BASIC PREVENTION is titled COMMON PROBLEMS. Here you will learn what you need to know about back pain, constipation, dementia, and other health problems that are common among older people. If you are in your 30's, 40's, 50's, or 60's, BASIC PREVENTION can help your older years be healthy ones. If you are in your 70's or 80's, BASIC PREVENTION can make your present years more enjoyable. You have only one body, one life. Let BASIC PREVENTION show you how to take charge now and increase your chances of enjoying your older years..