

Insider Nutrition Secrets

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Secrets To Living Longer And Healthier Revealed By Nutrition Scientist! Insider Nutrition Secrets Have you ever wondered what it might be like to find the long lost Fountain of Youth? We cant promise you that, but we can give you a close second. Starting today, learn the facts about what your body really needs to survive longer and healthier. Discover insider information from a former food and drug expert. Learn how a new food or drug is developed from the beginning until it finally reaches your grocers shelves. Healthy eating is much more than just dieting. Take a look at what the Surgeon General has to say: Did you know? About 950,000 Americans die of cardiovascular disease each year, which amounts to one death every 33 seconds. Although heart disease and stroke are often thought to affect men and older people primarily, it is also a major killer of women and people in the prime of life. About 61 million Americans (almost one-fourth of the population) have some form of cardiovascular disease. Coronary heart disease is a leading cause of premature, permanent disability among working adults. Stroke alone accounts for the disability of more than 1 million Americans. Almost 6 million hospitalizations each year are due to cardiovascular disease. In the US 60 of the population has a weight problem. Morbidly Obese is clinically defined as being 100 pounds or more overweight. In our population, the number of people being morbidly obese is increasing year after year. Who is to blame? Tags: ar, im, plr

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