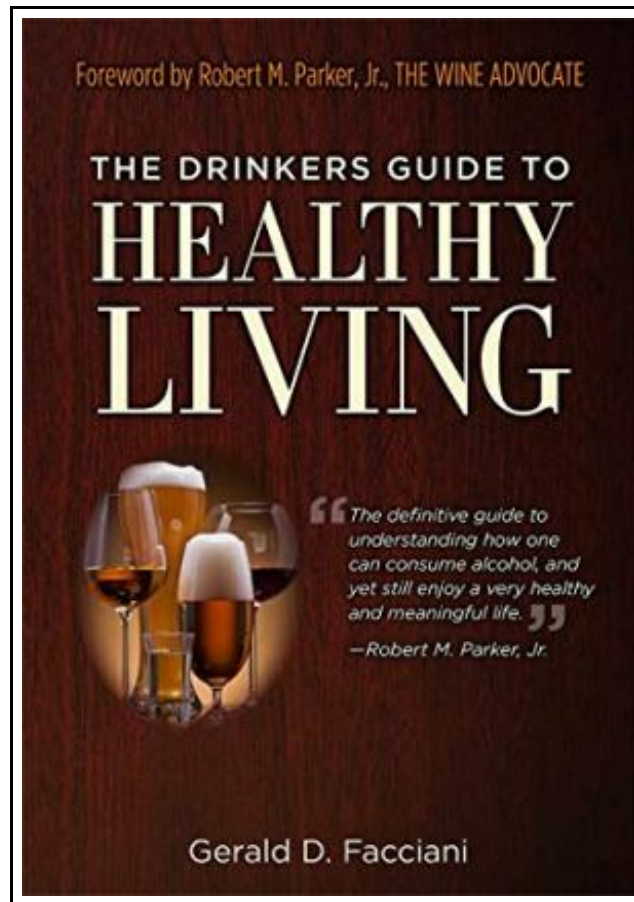


The Drinkers Guide to Healthy Living (Paperback)



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Reviews

Excellent e book and beneficial one. It is rally fascinating throgh reading through time period. You are going to like how the author publish this ebook.

(Prof. Triston Smitham V)

THE DRINKERS GUIDE TO HEALTHY LIVING (PAPERBACK)



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Dghl, United States, 2014. Paperback. Book Condition: New. 251 x 175 mm. Language: English . Brand New Book ***** Print on Demand *****.The Drinkers Guide To Healthy Living represents the culmination of 15 years of observation, analysis, study and experimentation dealing with the following question: Is it possible for individuals to be supremely healthy even though they consume significant amounts of alcohol on a daily basis? This is not a simple question, given the multiplicity of issues to be considered. For example, is any amount of alcohol consumed on a daily basis too much? Is there such a thing as healthy moderate drinking and, if so, what are the definitional parameters? What about differences in gender? For example, are women more susceptible than men to the detriments of alcohol at any level of consumption? What about differences in race and ethnicity? For example, are Asians more prone to negative health ramifications as a result of imbibing any type of alcohol? Does genetics play a role, that is, are certain otherwise healthy people at greater risk for alcohol-related health problems due to their genetic codes? In considering these fundamental questions, myriad other issues come into play, such as whether or not physical exercise routines play a significant role in healthy living for drinkers. Also, to what extent does stress impact drinkers? Many people get by on less sleep than they should, but does this really result in additional negative consequences for drinkers? Does consuming any level of alcohol add to the load of environmental toxins by which all of us is impacted every day? Is the combined impact of all these factors further impacted by age? The Drinkers Guide To Healthy Living addresses all these subject areas and provides access to substantial additional information for any reader interested in a particular...



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