



African-American Healthy: What You Need to Know to Protect Your Health (Paperback)

By Richard W Walker

Square One Publishers, United States, 2011. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book. It s no secret that African-Americans top the list of groups afflicted by hypertension, stroke, diabetes, heart disease, renal failure, and cancer. What the statistics do not show is the pain, misery, and despair that these conditions create, not only for the individual, but also for family and friends. As an African-American doctor, Dr. Richard Walker has studied these conditions among his patients for many years. Now, for the first time, Dr. Walker believes that research has found a commonsense way to prevent, reduce, and possibly eliminate these killers, turning the tide of African-American health. Dr. Walker begins by looking at the black community s lifestyle, which has radically changed over the centuries, shifting people from hours spent under a blazing sun to a life of minimum sunlight exposure. From there, it is clear that the missing puzzle piece of African-American health is a chronic lack of Vitamin D3. Most important, Dr. Walker explains how this crucial factor can be added to a daily routine along with components such as nutritional supplements, diet, and exercise. He then focuses on each major...



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Reviews

Thorough information! Its this type of great go through. It is amongst the most incredible publication i actually have read through. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Germaine Welch**

A very awesome pdf with perfect and lucid information. This is certainly for those who statte there had not been a worthy of looking at. Your daily life span will probably be convert as soon as you full looking at this book.

-- **Dr. Marie Ebert**

Relevant Books



Children s Rights (Dodo Press) (Paperback)

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s author and educator. She was born in Philadelphia,...



Goodparents.com: What Every Good Parent Should Know About the Internet (Hardback)

Prometheus Books, United States, 2000. Hardback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. The Internet may now be the most powerful, single source of information in the world, and with an estimated 200 million computers in...



DK Readers L1: Jobs People Do: A Day in the Life of a Teacher (Paperback)

DK Publishing (Dorling Kindersley), United States, 2001. Paperback. Book Condition: New. American.. 224 x 150 mm. Language: English . Brand New Book. This Level 1 book is appropriate for children who are just beginning to read. Ms. Hill brings 28 fish to...



The Three Little Pigs - Read it Yourself with Ladybird: Level 2 (Paperback)

Penguin Books Ltd, United Kingdom, 2013. Paperback. Book Condition: New. 222 x 150 mm. Language: English . Brand New Book. In this classic fairy tale, the three little pigs leave home and build their own houses - one of straw, one of...



Three Simple Rules for Christian Living: Study Book (Paperback)

Abingdon Press, United States, 2009. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book. Three Simple Rules for Christian Living by Jeanne Torrence Finley and Rueben P. Job This small-group study by Jeanne Torrence Finley is based...



From Kristallnacht to Israel: A Holocaust Survivor s Journey (Paperback)

Dog Ear Publishing, United States, 2009. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.In the 1930s, as evil begins to envelope Europe, Karl Rothstein is born in Austria. As his life...
