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Health Wikipedia

Health, as defined by the World Health Organization (WHO), is "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." This definition has been subject to controversy, as it may have limited value for implementation. Health may be defined as the ability to adapt and manage physical, mental and social challenges throughout life.

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Perfect Health Diet A diet for healing chronic disease

A few items have recently come to my attention that may be of interest to Perfect Health Diet readers. First, my friend Chris Keller on Facebook reports that a new startup, Aperiomics, is offering tests that are capable of identifying 37,000 different infectious pathogens, including bacteria, viruses, fungi, and protozoa.. This is a game-changing diagnostic tool.

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The Diet Perfect Health Diet Perfect Health Diet

The Perfect Health Diet. Here s our Perfect Health Diet food plate:. NOTE: This is our new food plate, updated 2015. Foreign translations of the original food plate may be found here.

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Diet nutrition Wikipedia

In nutrition, diet is the sum of food consumed by a person or other organism. The word diet often implies the use of specific intake of nutrition for health or weight-management reasons (with the two often being related). Although humans are omnivores, each culture and each person holds some food preferences or some food taboos. This may be due to personal tastes or ethical reasons.

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Flaxseed Health Benefits Food Sources Recipes and Tips

Continued. Thompson says, "Ground flaxseed, in general, is a great first choice, but there may be specific situations where flax oil or the lignans (taken in amounts naturally found in flaxseed

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Diet Tips to Lower High Triglycerides Everyday Health

A healthy diet to lower triglycerides is an important part of getting your triglycerides under control. As a matter of fact, according to the American Heart Association, healthy choices in diet

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The Fully Raw Diet 21 Days to Better Health with Meal

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