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## Complete Diet Health Management Workbook

By Arthur H Kebo, Dr Arthur H Kebo

Createspace, United States, 2012. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Health is one of the greatest assets that we have, and our children and family are another of our greatest assets, and we have a responsibility to take care of their health. Without health, we cannot work or play or live. Therefore, it is imperative that we maintain our optimal health, at all times. This being said, it is not always the easiest thing to do. In order to assist you, this workbook was developed to manage your day-to-day health. Often, without a solid health maintenance plan, it is our tendency to become slack or indifferent to our health regime. Our usual lifestyle and busyness sets in, and our health takes a back seat. It is when we become sick or incapacitated that we realize how we had neglected to maintain our health, and only wish we had kept some type of management program. This workbook is designed to help you keep a record of your health on a daily basis, so that you can analyze your progress every month. Without this record, it is very difficult to...



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