



The Salerno Solution: An Ounce of Prevention, a Lifetime of Health

By John Salerno MD

Take Charge Books, United States, 2013. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.The United States is on the verge of a health crisis of monumental proportions. We have virtually eradicated polio, measles and other devastating diseases, made childbirth significantly safer for both mothers and infants and saved countless lives with antibiotics. Likewise, we have dramatically lower rates of infectious diseases such as tuberculosis, rheumatic fever, influenza and periodontal disease - meaning that today's children, unlike their peers 70 years ago, can expect to survive beyond their first few years. However, these and other impressive medical victories are now being undermined by a bevy of other health problems, many of our own making. For the first time, children born today are likely to have a shorter lifespan than their parents, thanks to damage that will be wrought by the terrible trio of obesity, diabetes and Alzheimer's. We know that our health problems are pandemic. The rates of obesity, diabetes, environmentally-related cancers and dementia are skyrocketing. We live in a toxic world where our bodies are continuously assaulted with toxic chemicals, food additives and even electromagnetic pollution....



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Reviews

This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Ally Reichel**

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