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Health and Food: Human Problems and Solutions

By Mohinder Singh, IAS

2003. Hardcover. Condition: New. 275 The book is designed to help the reader gain a better understanding of the selected aspects of health and food. It does not set out to solve individual problems, as each person's health problems are somewhat unique. These may call for personalised attention, preferably backed by competent medical support. The most an outsider a non-medical one at that can offer is information and suggestions. Possibly disabuse some readers of a few myths that hamper healthful living. About The Author:- Mohinder Singh has recently published a novel, Some Win Some Lose (Konark Publishers Pvt. Ltd.) detailing life in the IAS. He has also authored four books-Road Transport (Konark), Health and Food, Woman and Child (Gyan Publishing House), A Sikh Boy (Harper Collins). He has also contributed over a thousand articles in newspapers and magazines. Mohinder Singh retired from the IAS as Secretary to the Government of India. He lives in Delhi. Contents:- Preface Introduction Health: General Some Specific Health Problems Gender-related Health Issues Healthy Travel Medicines, Doctors and Hospitals Men and Women Ageing: An Explanation Common Eye Problems Baby Behaviour and Health A Few Facts about Food The Healthful Foods Foods Caught in Controversy...



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