



Health Recklessly Abandoned

By Vincent Bellonzi

Morgan James Publishing llc, United States, 2013. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book. Health, Recklessly Abandoned describes a new paradigm when it comes to thinking about health and wellness. Health is truly a state of being self-sufficient from health-care. Prevention is referring to not allowing disease to begin in the first place, as opposed to simply finding something early in development. Functional medicine describes how a human body working correctly does not suffer disease. Science is proving that how you live your life, determines the quality of that life. The human body does not make mistakes, it is simply responding to the lifestyle that you subject it to. Eat genuine foods, and get a healthy response. Eat processed food substances, and often you get an inflammatory response. It is as if the human body knows what will be beneficial, as opposed to what will cause dysfunction. If you want your body to work properly then you must use its adaptive abilities correctly. When you are physically active, the body responds with better neural networks, better energy production, better hormone balance and in general better working of all the biological systems that make the...



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