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## The Whole Body Solution: The Complete Guide to Ultimate Health and Anti-ageing

By Max Tuck

Hammersmith Health Books. Paperback. Book Condition: new. BRAND NEW, The Whole Body Solution: The Complete Guide to Ultimate Health and Anti-ageing, Max Tuck, Are you confused by the conflicting information that abounds on how to achieve optimal health? How can you ensure that all aspects of your physiology are cared for? Is there truly one solution that has only benefits, not downsides, and in turn reduces the risk of succumbing to the diseases which are so prevalent in modern society? Max Tuck believes that there is. In this compelling book, she elaborates not only on how to eat to support each of your nine body systems (digestive, intestinal, cardiovascular, nervous, immune, respiratory, urinary, hormonal and structural), but how all of these systems interrelate to synergistically create the level of health that everyone seeks, but which might hitherto have been elusive. Bringing together a scientific approach to nutrition and exercise with a deep interest in the mind-body connection, Max explains how, by taking care of each body system, everyone can reach their ideal weight, attain vibrant health and make concerns about degenerative disease a thing of the past, regardless of genetic predisposition.



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### Reviews

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