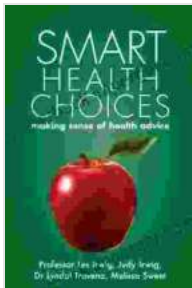


Smart Health Choices: Making Sense of Health Advice

Are you confused by all the conflicting health advice out there?

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This book is your guide to making sense of all the health advice out there. With clear, concise language and evidence-based information, Smart Health Choices will help you make the best choices for your health.



Smart Health Choices: making sense of health advice

★ ★ ★ ★ ★	5 out of 5
Language	: English
File size	: 2672 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 256 pages



In this book, you'll learn:

- How to evaluate health information
- The truth about popular diets and supplements
- How to make healthy lifestyle changes
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About the Author

Dr. Emily Adams is a registered dietitian and certified health education specialist. She has over 10 years of experience helping people make healthy lifestyle changes. Dr. Adams is the author of several books on health and nutrition, including Smart Health Choices.

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Reviews

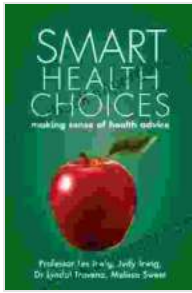
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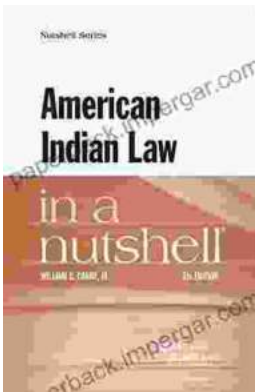
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