

[Download free ebook] Healthful Eating As Lifestyle (HEAL): Integrative Prevention for Non-Communicable Diseases

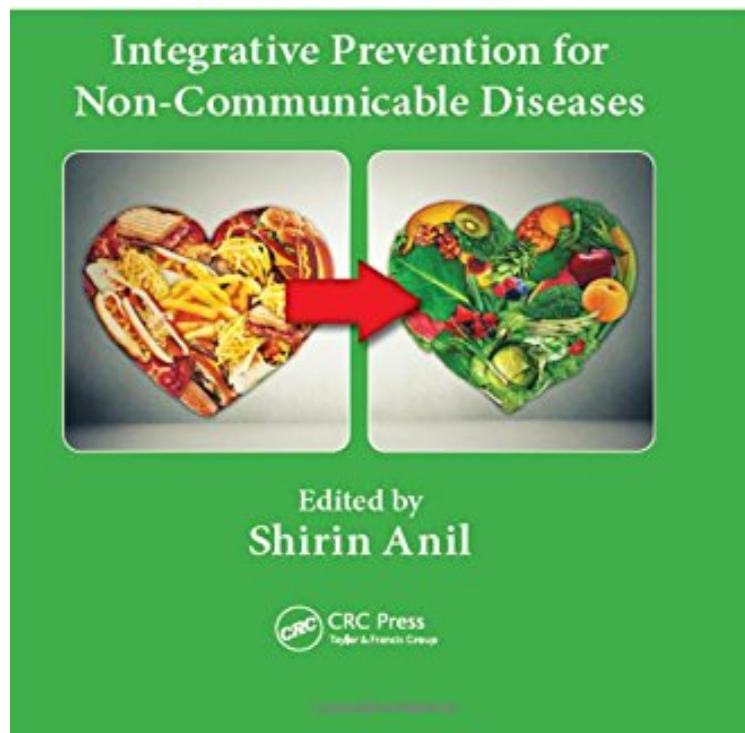
Healthful Eating As Lifestyle (HEAL): Integrative Prevention for Non-Communicable Diseases

From CRC Press

ePub | *DOC | audiobook | ebooks | Download PDF

Copyrighted Material

Healthful Eating As Lifestyle (HEAL)



[Download](#)

[Read Online](#)

2016-12-06Original language:EnglishPDF # 1 9.00 x 6.25 x .751, .0 #File Name: 1498748686290 pages |
File size: 44.Mb

From CRC Press : **Healthful Eating As Lifestyle (HEAL): Integrative Prevention for Non-Communicable Diseases** before purchasing it in order to gage whether or not it would be worth my time, and all praised Healthful

Eating As Lifestyle (HEAL): Integrative Prevention for Non-Communicable Diseases:

Non-communicable diseases (NCDs) are chronic diseases of long duration and generally slow progression, including cardiovascular diseases, cancers, chronic respiratory diseases, and diabetes. Morbidity and mortality due to non-communicable disease has risen tremendously over the years globally. *Healthful Eating As Lifestyle (HEAL): Integrative Prevention for Non-Communicable Diseases* highlights the importance of HEAL as an intervention for the prevention and cure of NCDs, as well as the prevention and treatment of its risk factors like hypertension, high cholesterol, obesity, smoking, increased alcohol intake, and insufficient physical activity. It provides motivational strategies for users of all ages, gender, and strata for healthful eating, both in developed and developing countries. The book is composed of evidence-based information and illustrations by 32 experts, including renowned researchers from academia, government, and non-governmental organizations in the field of NCDs and nutrition from 11 countries across five continents. Furthermore, the book discusses the dose-response relationship of healthful food with NCDs and its risk factor. It also includes nutritional home remedies for prevention and control of NCDs along with safety concerns and case studies at the end of all chapters for translating theory into practice.