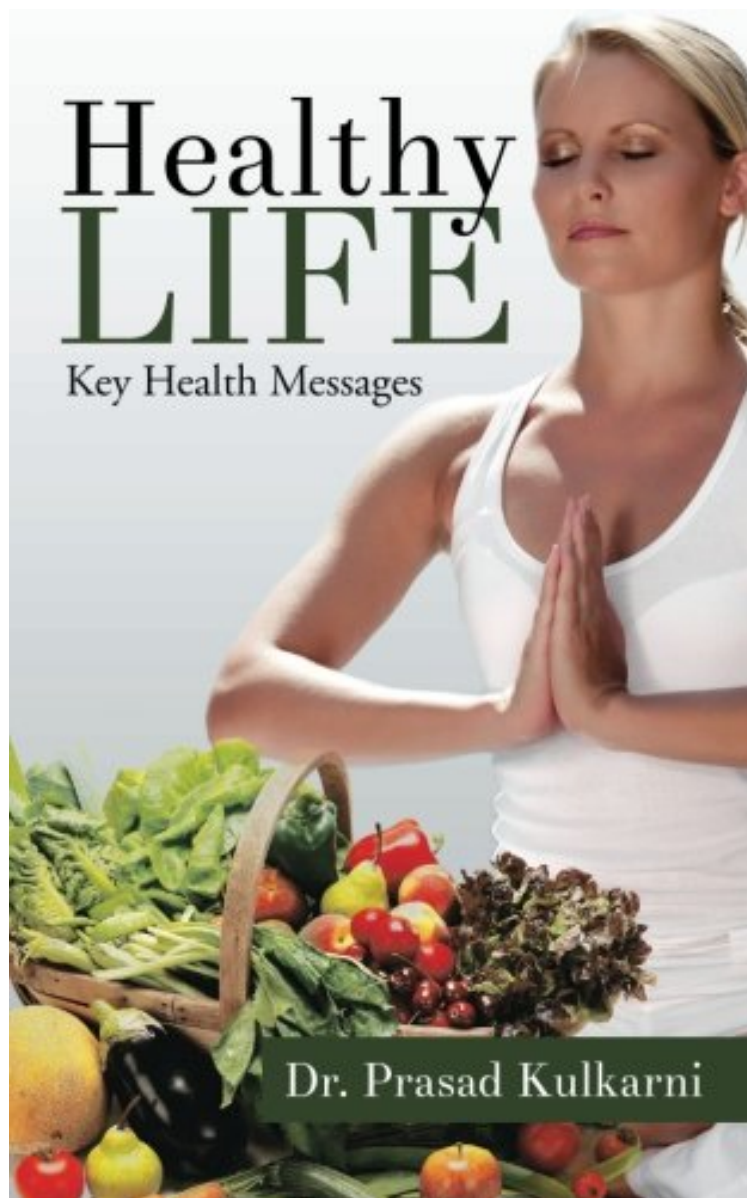


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Healthy Life: Key health messages

Prasad Kulkarni

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This book provides readers with key messages on healthy living. These messages cover a wide range of topics

including hygiene, sanitation, diet, exercise, healthy habits, mental health, women's health, child care, infection prevention, genetic disorders, old age disorders, etc. The book attempts to create awareness about the simple facts that are responsible for a lot of suffering. Knowledge about these factors can be of great help to aid you to lead a healthy life.