



## ROAD TO HEALTH CARE

By DR. SEEMA KUMAR

V & S Publishers. Book Condition: New. With ever-rising ground, water and atmospheric pollution, every other day one hears the name of a new disease. In fact, ever since man began drifting away from Nature, he has been falling into the trap of a materialistic lifestyle that has desensitised him. Today, we breathe air thick with exhaust fumes, eat processed junk food that has no nutritive value, drink toxic carbonated beverages and lead sedentary lives. In fact, all of these have contributed to different kinds of problems for us at regular intervals. This book shows you how to go back to Mother Nature to beat even the most troublesome and chronic ailments. With natural preventive measures that emphasise Diet and Nutrition, exercise and herbal remedies, there are no fear of side- effects. This book shows you a safe, natural and enjoyable means to overcome it. Most of the ingredients mentioned in the book are the kind available in home gardens or off the kitchen shelf. The book also includes hints for different stages in life. A separate section deals with varied problems in - a woman?s life through adolescence, pregnancy, lactation, menopause and general ailments. Once you have read this...



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