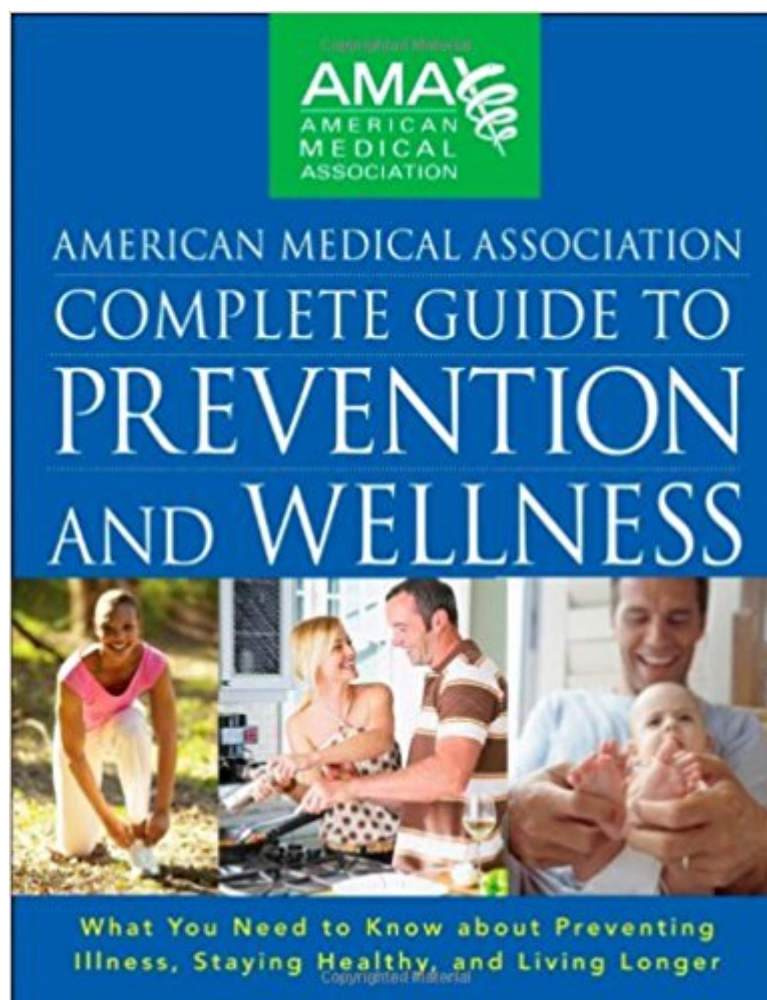




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# American Medical Association Complete Guide To Prevention And Wellness: What You Need To Know About Preventing Illness, Staying Healthy, And Living Longer





## Synopsis

**MORE THAN 3 MILLION AMERICAN MEDICAL ASSOCIATION BOOKS SOLD** From America's most trusted source for medical advice--a comprehensive guide to preventing illness and promoting wellness! If you're one of the millions of people who have decided to take more direct control of their health by focusing on illness prevention and self-care, the American Medical Association Complete Guide to Prevention and Wellness is the resource you need. This authoritative guide provides valuable information to help you prevent disease and stay healthy throughout your life. It lays out the foundations of good health and shows you the basic steps you can take to reduce your health risks and prevent major illnesses such as heart disease, stroke, type 2 diabetes, high blood pressure, and some forms of cancer. You will learn how to avoid these and other common afflictions by making lifestyle changes and understanding what your body needs to stay fit and healthy. Filled with leading-edge information, this indispensable reference also describes key risk-reducing measures, from eating a healthy diet and being more physically active to reducing stress, getting a good night's sleep, and having all the recommended screening tests. You will find the most effective techniques for avoiding food-borne illnesses, and you'll learn how to minimize specific risks for children, adolescents, women, and men. Comprehensive in scope, easy to navigate, and filled with clear, helpful information and illustrations, the American Medical Association Complete Guide to Prevention and Wellness is the essential health resource for every age and stage of life.

## Book Information

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## Customer Reviews

Nutrition, exercise, health issues, reproductive health and aging are all covered in this informative, no-nonsense guide. Whether anything sets this book apart from many others like it (i.e., the Mayo Clinic guides) is debatable. The information is decidedly up-to-date and well organized. As the title says, the goal of the book is disease prevention and overall wellness rather than a discourse on methods for treating problems once they've occurred. Anyone new to the idea of wellness will find this guide a wonderful first course on the subject. Specifically, heart disease, high blood pressure, obesity and pulmonary issues are covered, as is bone health, digestive health and diabetes. The mind-body connection is fully acknowledged, as is the link between spirituality and well-being. Helpful graphs, charts and illustrations throughout further complement the book's comprehensiveness. (Nov.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Did you know that many of the things you do every day may put you at risk of contracting a serious or even deadly illness? The good news is that there are simple, easy steps you can take to prevent diseases, optimize wellness, and live longer and better. In the American Medical Association Complete Guide to Prevention and Wellness, America's most trusted source for health and medical guidance gives you authoritative, in-depth information on how to stay healthy throughout a long and active life. It lays out the foundations of good health, presents basic steps you can take to reduce health risks and prevent major killers, and shows you how to prevent the most common chronic disorders. Based on the latest clinical research and filled with information that was previously hard to find, this indispensable reference tells you about the latest disease-fighting measures, from techniques for reducing stress and quitting smoking to the best ways to get a good night's sleep. You'll even learn how eating certain foods can help you avoid some of the most common chronic illnesses, including heart disease, type 2 diabetes, cancer, and high blood pressure. With this book, you'll discover how to:

- Live younger and longer with exercise
- Prevent heart attacks and stroke
- Avoid type 2 diabetes
- Prevent infections
- Keep your bones, joints, vital organs, and digestive system healthy
- Control allergies
- Protect your children's health
- Maintain your reproductive health
- Reduce dementia risks and prevent premature aging

With an easy-to-navigate format, clear illustrations, and plain-English, jargon-free advice, the American Medical Association Complete Guide to Prevention and Wellness gives you fast and easy access to the crucial information you need to keep yourself and your family healthy, fit, and energetic, now and for many years to come.

Bought it for college class...has lots of strategies for stressed out person

This is an excellent book for anyone who would like to improve their health or just wants to look up medical information. It was much better than I had expected and feel everyone should own a copy. So many topics for a great price!

very informative

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