



Natural Weight Loss and Diabetes Control: The Medical Librarian s Annotated Guide (Paperback)

By William Jiang Mls

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Mens sana in corpore sano is a Latin phrase, usually translated as a sound mind in a sound body or a healthy mind in a healthy body, is attributed to the Roman poet, Juvenal who lived during the first century AD. The link between body and mind has been known for over two thousand years, and yet we think we can eat that Big Mac and not suffer consequences. There is a strong link between that fast food and obesity, diabetes, clinical depression, and other serious problems of body and mind. Indeed, even clinical depression and schizophrenia can possibly be prevented by a healthy diet. For an interesting book about natural mental health I invite you to check out my Guide to Natural Mental Health: Anxiety, Bipolar, Depression, Schizophrenia, and Digital Addiction: Nutrition, and Complementary Therapies, 3rd Edition.

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This publication may be worth purchasing. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.

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The book is fantastic and great. It is filled with wisdom and knowledge I am just easily will get a enjoyment of looking at a composed publication.

-- **Bradley Hahn**