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NUTRITION,
PHYSICAL ACTIVITY,
AND QUALITY AGING



GEORGE J. HOLLAND PHD

Page Publishing, Inc., United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The first part of this book will help the reader better understand the biology of aging; including changes in the heart, blood vessels, skeleton, muscle and the nervous and immune systems. Four chapters are devoted to what we put in our mouths each day; food, liquid (including alcohol) and tobacco products, and how this affects our susceptibility to major chronic diseases,...

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- Authored by George J Holland Phd
- Released at 2017



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