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THE BODY CLOCK GUIDE TO BETTER HEALTH

How to Use Your Body's Natural Clock to Fight Illness and Achieve Maximum Health

- Practical timewise tips for better sleep, exercise, nutrition, and sexuality
- New guidelines for the timing of widely used medications
- Chronotherapy advice for women, men, children, and seniors
- Tips on enhancing productivity and coping with shiftwork and jet lag
- A-to-Z reference to dozens of common illnesses

MICHAEL SMOLENSKY, Ph.D.,
and LYNNE LAMBERG

Body Clock Guide To Better Health

Kathleen Armour



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