



**Dr Morrison's**

**HEART  
SAVER**

**PROGRAMME**

A natural, scientifically tested plan

**LESTER MORRISON**

MD., DSc., F.A.C.P.

With **NANCY NUGENT**

# Dr Morrisons Heart Saver Program

**Carlson Wade**



## **Dr Morrisons Heart Saver Program:**

**Dr. Morrison's Heart-saver Program** Lester M. Morrison, Nancy Nugent, 1982-01-01 [Dr Morrison's Heart Saver Programme](#) Lester M. Morrison, Nancy Nugent, 1982 **Natural Born Fatburners** George Redmon, George L. Redmond, 2002 Natural Born Fatburners offers conclusive evidence that traditional diets don't work New vital information reveals the safest and most natural way to rid the body of unwanted pounds and dangerous fat levels and provides life saving information for those facing health complications due to weight gain Choose from Dr Redmon's top 100 fatburning foods Prevent fat loss from returning Lose weight naturally without resorting to dangerous drugs Learn ways to stop binge eating Induce fatburning by eating specific foods Increase your body's metabolism Select from 60 supplements for optimum weight control **The New Super-Nutrition** Richard Passwater, 2010-07-06 From the renowned biochemist who created a health revolution with his bestselling Supernutrition in 1975 comes The New Supernutrition Totally revised and updated The New Supernutrition focuses on the latest scientific discoveries and offers solutions to the nutrition problems of the nineties Richard A Passwater PhD is internationally acclaimed as a leader in research on megavitamins trace minerals and other nutrients In this life enhancing health saving guide he offers a program of supernutrition tailored to your specific needs that can do many things **Prevention**, 1987 [Diets and Dieting](#) Sander L. Gilman, 2008-01-23 Diets and dieting have concerned and sometimes obsessed human societies for centuries The dieters regime is about many things among them the control of weight and the body the politics of beauty discipline and even self harm personal and societal demands for improved health spiritual harmony with the universe and ethical codes of existence In this innovative reference work that spans many periods and cultures the acclaimed cultural and medical historian Sander L Gilman lays out the history of diets and dieting in a fascinating series of articles [Medical Books and Serials in Print](#), 1984 **Inner Cleansing** Carlson Wade, 1992 Many cope in stock in poor condition **Medical and Health Care Books and Serials in Print**, 1997 *Eat Away Illness* Carlson Wade, 1992 What can be done to slow aging relieve illness and extend life Renowned medical researcher Carson Wade provides the answer in this brand new completely revised and expanded edition of his bestseller He states that certain foods containing antioxidants can literally halt the biological clock ticking inside you and rejuvenate your body from head to toe What are these miracle foods Simple inexpensive fruits beverages and vegetables that work inside your body to attack free radicals the primary cause of illness and aging These antioxidant foods turn your body into a fortress against infection and illness and give you a glorious new feeling of health and vitality You'll discover how to use these foods to erase aging fade age spots and give yourself forever young skin wash away cholesterol reduce blood pressure and achieve good cardiovascular health naturally relieve the headaches hot flashes and other uncomfortable symptoms of menopause stop the agony of arthritis bursitis and rheumatism while helping joints regain youthful pain free mobility wash away extra pounds and become trim and slim without dieting and banish the blues melt away anxiety and calm your nerves in minutes You'll also

find dozens of documented case histories of people from all over who have experienced the amazing curative power of these antioxidant foods Whether you use these proven effective natural remedies to relieve illness or simply to help maintain good health you ll be using some of the most potent secrets nature has to offer **American Book Publishing Record** ,1984-04

**Kirkus Reviews** ,1983 Adult books are categorized by genre i e fiction mystery science fiction nonfiction Along with bibliographic information the expected date of publication and the names of literary agents for individual titles are provided Starred reviews serve several functions In the adult section they mark potential bestsellers major promotions book club selections and just very good books in the children s section they denote books of very high quality The unsigned reviews manage to be discerning and sometimes quite critical *Book Review Index* ,1985 Every 3rd issue is a quarterly cumulation

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