



Quadruple Threat: Obesity, Sleep Apnea, Diabetes, and Heart Disease

Jack Abner, Pointed Publishing

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We're all worried about our health, but sometimes it feels like every day we hear news that contradicts everything we were told yesterday about healthy living. How do we know what to worry about, and what we can do about it? Help has arrived! Quadruple Threat, covers 4 key threats to our health today: obesity, sleep apnea, diabetes, and heart disease. In clear, straightforward terms, Quadruple Threat collects the latest science and translates it into easy-to-follow steps for improving our well-being. You'll learn: Why health is not just about personal responsibility The foods to love and the foods to avoid The full range of medical options for treating each condition. Practical, understandable tips for reducing your risk. And much more! Grab The Quadruple Threat today, and start protecting your health--the right way! What are you waiting for? Scroll to the top of this page and hit the 'Buy Button' to get your copy today!

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