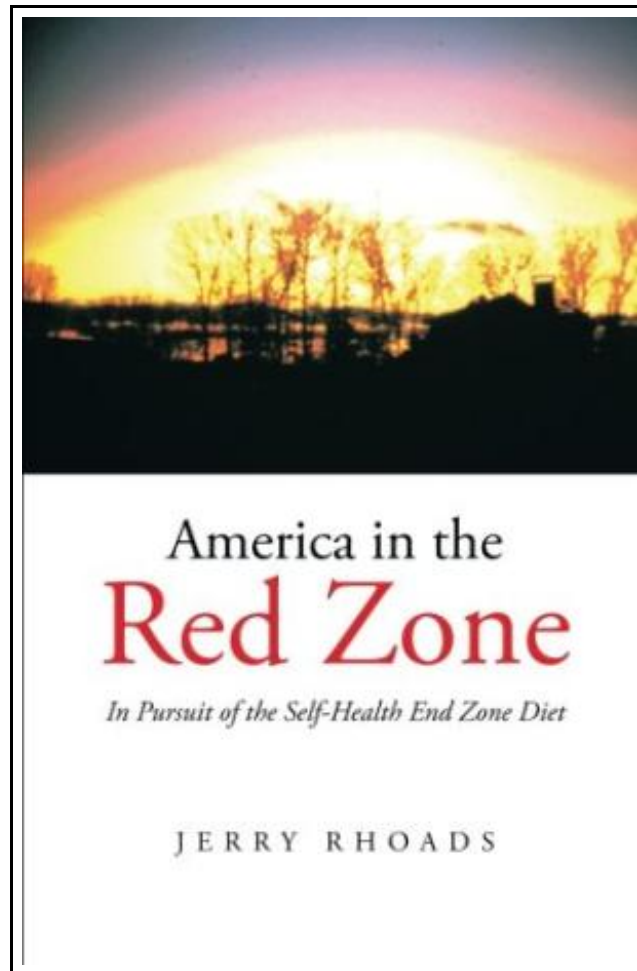


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Reviews

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iUniverse, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Science and socialized health care continue to wage a diabolical struggle that s hurting the overall health of the nation. Meanwhile, we re receiving conflicting signals about our collective health, with some studies predicting we ll live longer and other studies showing that obesity and disease will cut our lives short.Among the American population, 66 percent of people exercise fewer than ten minutes per week, 45 percent do not read food labels, and 25 percent use some form of mind-altering chemicals. Most Americans don t even have long-term care insurance or a financial plan for nursing home care.In this self-health guide, Jerry Rhoads, the President and CEO of All-American Care--a long-term care firm specializing in restorative care--cuts through the confusion and provides solutions that boost personal wellness. You can learn how to make time to exercise, determine whether Obama Care is a solution or an added burden, take advantage of tax incentives that promote a healthy lifestyle, and improve your relationships with loved ones.Get the facts you need in order to understand the problem, and take steps to ensure that you can enjoy a healthy life even when we see America in the Red Zone.

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