

How Your Favorite Meal Could be Killing You Slowly



How Your Favorite Meal Could be Killing You Slowly Table of Contents Introduction Meals Associated With Common Chronic Diseases Popular Natural and Healthy Meals Dangerous Ingredients to Look Out For What You Must Know About Alcoholic Drinks Signs That Your Health Is Deteriorating How to live a healthy lifestyle Conclusion Author Bio Publisher Introduction According to American Diabetes Association, there are about 25.8 million diabetic Americans as of 2013. Each year about 1.9 million more Americans are diagnosed with diabetes. Millions of Americans also live with other chronic and acute diseases including cancer, rheumatoid arthritis and coronary artery disease. Whereas some of these medical conditions can be treated or controlled, there are those that are simply incurable. Even those that can be treated will have a huge impact on your financial status especially if you don't have sufficient medical insurance cover. It is also possible that such diseases may affect your general health and body immune system. With all these facts, it is up to you to take measures to avoid them. Throughout the world, countless scientific research projects have been commissioned in order to unravel the causes and cures to chronic and acute diseases. Even though there is no known common cause of all these diseases, scientists generally agree that some meals and lifestyles increase the probability of acquiring such diseases. This means that you must always be very careful about what you frequently eat or drink. Some meals and drinks have positive health benefits but may negatively affect your health if taken in excessive amounts. It is therefore your responsibility to eat or drink in moderation. Your general lifestyle could also affect your health and lead to conditions such as obesity. With the book *How Your Favorite Meal Could Be Killing You Slowly* you'll have an

insight into the meals that may negatively affect your health. By reading this book, you'll also learn the ingredients to avoid when buying convenience meals. If you're interested in natural, healthy meals, all you need to do is read this book and you'll know how to go about it. Live a long and healthy lifestyle by reading the book: How Your Favorite Meal Could Be Killing You Slowly!!!

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