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Overload New Generation Publishing

The "Overload" of life in the West is making us sick. Heart disease, obesity, diabetes, liver disease, arthritis, asthma, dementia, anxiety and depression are endemic, and almost one in

two of us can expect to be diagnosed with cancer. We do not have to be victims of "Overload". In this book, Russ Shipton raises our awareness of why and how it is happening, and provides us with strategies to achieve near optimum health, fulfilment and lasting contentment.

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