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paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Pub Date: 2013 Pages: 204 Language: Chinese in Publisher: Beijing Publishing House health important to you? Perhaps this question is a bit silly. but sometimes we really health as the most unimportant things. when we have a good body. health is often the least. but when we lose health before that health is more important than anything. The body is the revolution of the money. Health is not everything. but losing health all. Who gave their own health can only be himself. that he is the master rang the bell of hope. The body is like and consequently: one hundred expert health tips to talk about health experts in the form of Jau. Red D. Hu Dayi nearly frontline health experts in the daily life of a complex health reason and health knowledge with the scientific and popular language to be answered and elaborated content include nutrition diet. medicine health care. exercise. psychological adjustment. common diseases prevention and control other aspects. Allow you to stay at home. easy care! Health is not far away from us and to master proper health knowledge and put into action. which is to get healthy. Health on their own. as long as usual to focus on health care. the disease will be able to get in the door! Body is like is consequently good health Times by People's Daily editorial department eds. Contents: first diet articles have enough to eat than eat well we had to Bubu eating lesson today. you eat the staple food? Select particular about food to mashup more healthy milk and fruit timely attention to adjust the taste of summer to eat what is simple and nutritious eating summer...



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