



## Its Your Life: End the Confusion from Inconsistent Health Advice

By Professor Norman Ratcliffe

Cranmore Publications. Paperback. Book Condition: New. Hannah Michael (illustrator). Paperback. 228 pages. Dimensions: 10.9in. x 8.4in. x 0.7in. This book aims to end the confusion resulting from the conflicting health advice appearing in the media almost daily. The existing scientific evidence is thoroughly analysed by Professor Norman Ratcliffe, who is a Fellow of the Royal Society of Medicine, and has published over 200 books and research papers on immunology, cancer, influenza, tropical diseases and MRSA. In this book Professor Ratcliffe: 1 Identifies harmful pesticides and additives in food and gives advice on how to avoid them; he emphasises the importance of removing such chemicals from the diets of babies, children and pregnant women. 2 Details pesticide contamination rates in fruit, vegetables and other types of food using easily interpreted tables. 3 Provides a summary table of the least chemically polluted foods. 4 Outlines the total chemical load of the body and explains how these toxins originate from preservatives, colourants and sweeteners. 5 Gives advice on reducing your body burden of chemicals. 6 Lists which organic foods are most important to buy and explains why, in these financially challenged times, it is unnecessary to eat just organic foods. 7 Solves the Vitamin...



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### Reviews

*Thorough guide! Its this sort of very good study. Yes, it really is play, nonetheless an interesting and amazing literature. You may like the way the blogger create this ebook.*

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*Simply no words to spell out. It can be rally fascinating throug studying period of time. You will not really feel monotony at at any moment of your own time (that's what catalogues are for concerning if you ask me).*

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