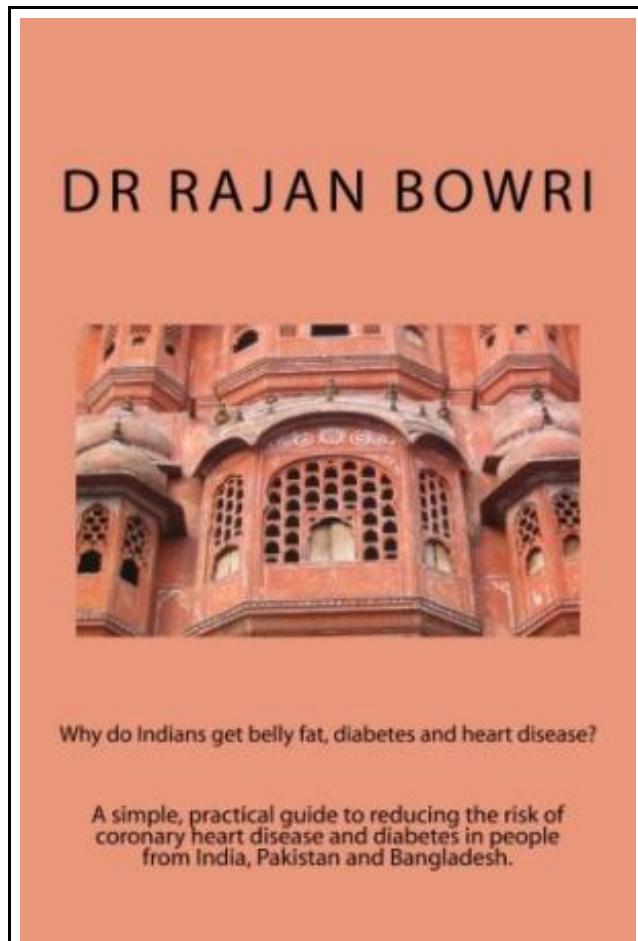


Why Do Indians Get Belly Fat, Diabetes and Heart Disease?: A Simple, Practical Guide to Reducing the Risk of Coronary Heart Disease and Diabetes in Pe



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Reviews

The book is great and fantastic. Yes, it really is engage in, still an interesting and amazing literature. You wont feel monotony at at any moment of your respective time (that's what catalogs are for regarding if you request me).
(Daren Raynor II)

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Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 98 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. A simple, practical guide to reducing the risk of coronary heart disease and diabetes in people from India, Pakistan and Bangladesh. About the author: Dr Bowri is a General Practitioner working in the UK. He graduated from the University of London with degrees in Immunology and Medicine. Within his practice, he has interests in diabetes, heart disease prevention and occupational medicine. From the introduction: In the last three decades, there has been a huge rise in the incidence of coronary heart disease (CHD) amongst South Asians, not only in the Indian Sub-Continent of India, Pakistan, Bangladesh and Sri Lanka, but also those who have migrated to Western countries such as Britain, Canada and the USA. Until recently, the reasons behind this increase were poorly known. In this book I outline some of the causes and risks for coronary heart disease in South Asians and give you some practical advice on measures you can take to try to reduce your chances of developing heart problems in the future. The good news is that the same measures can also help to reduce the incidence of diabetes and stroke, bring down blood pressure and weight, and (perhaps surprisingly) slow the age-related decline in memory and potency, all contributing towards a longer, healthier life. I hope it will be of use and interest not only to readers of South Asian origin in the Indian Sub-continent and abroad, but also to their doctors. It is also relevant to non-Asian people who are at an increased risk of heart disease as a result of belly fat. This item ships from La Vergne, TN. Paperback.

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