



E-Book By Marie Ann Cornwall

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# Foreword

Where previously most people take health for granted, now most people make a conscious effort to stay healthy. Part of staying healthy is knowing the benefits of exercise, living according to appropriate lifestyle habits, healthy dietary choices and generally keeping stress levels as low as possible. Get all the info you need here.



## ***Wellness Dietetic***

Amazing Tips To Eat Well And Live Healthy

# Chapter 1:

*Health Is Wealth*

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## Synopsis

Staying healthy is a very good position to be in, as the opposite of that would be tracking in and out of hospitals with one medical condition or another. This cannot only be depressing but can also severely dent the wallet, as medical bills can be rather expensive to handle. Being able to enjoy life without the burden of popping pills and visiting doctors every so often is definitely a better option to live by.

