



Genuine] old people do not get sick lifestyle Zhao Yali(Chinese Edition)

By ZHAO YA LI

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Pub Date: 2012 Pages: 259 Publisher: Heilongjiang Science and Technology Press. basic information about the title: older people do not get sick lifestyle List Price: 29.80 yuan Author: Zhao Yali Press: Heilongjiang Science and Technology Press Publication Date: June 1. 2012 ISBN: 9787538871562 words: Page: 259 Revision: 1 Binding: Paperback: 16 commodity identification: asinB0086RU04U Editor's Choice for the elderly do not get sick. healthy living. maximum comfort their children the best life but also for the elderly with dignity way. how do not get sick. every elderly problems to be solved. Older people do not get sick lifestyle starting from eight of exercise science diet. good attitude. and living. health care. disease prevention. and the guidance of a scientific theory of health. to the pursuit of physical and mental health of the elderly as the core. based health care in daily life. all-round. multi-angle of the good health of the elderly. and self-care methods. Table of Contents Chapter 1 EXECUTIVE SUMMARY No good life: you do not get sick health password to get up to slow life insurance correctly...



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