



## Companion to Good Health (Wordsworth Reference)

*Carol Ann Rinzler*

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# **Companion to Good Health (Wordsworth Reference)**

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## **Companion to Good Health (Wordsworth Reference)** Carol Ann Rinzler

This text helps identify over 100 diseases and medical conditions, and gives some simple guidelines on how to reduce risk. It is arranged alphabetically, and provides information on topics such as: alcoholism; anorexia, depression; diet; glaucoma; insomnia; and kidney stones.



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