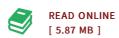




The Hood Health Handbook A Practical Guide to Health and Wellness in the Urban Community Volume One

By Dick Gregory

Supreme Design Publishing. Paperback. Condition: New. 480 pages. Dimensions: 8.9in. x 5.9in. x 1.1in. How can you attain optimum health with minimum resources This book shows us how, in plain English. Hood Health is an anthology of health experts from urban communities throughout the Americas, offering practical health solutions. Topics include diet, exercise, psychological wellness, reproductive health, environmental toxins, urban survival, and budgeting. Over a dozen writers contributed to this handbook, edited by C BS Alife and Supreme Understanding. The contributors include fitness gurus, dieticians, personal trainers, and holistic practitioners from around the country. The completion of the text was supervised by a panel of licensed physicians. Black and Brown people in America are two to six times more likely to die from health-related complications than their white peers, even when you look at people whose income is the same. Why What is happening in urban communities And what can be done to change it The answers are in this book. The Hood Health Handbook is a COMPREHENSIVE source of information and insight on EVERY health issue faced by the urban community. In plain language, the authors draw on well-known examples from urban culture to illustrate what works. . . and...



Reviews

Here is the finest publication we have read right up until now. It is actually writter in easy words instead of difficult to understand. Its been written in an remarkably easy way in fact it is only right after i finished reading this book in which basically changed me, modify the way i really believe.

-- Prof. Vanessa Smitham V

The publication is great and fantastic. Sure, it is enjoy, nevertheless an interesting and amazing literature. You will not truly feel monotony at at any moment of your own time (that's what catalogues are for concerning when you request me).

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