



The Little Green Book of Health

By Sarah Callard

Carlton Books Ltd, United Kingdom, 2009. Paperback. Book Condition: New. Illustrated. 170 x 124 mm. Language: English . Brand New Book. Covering every health topic from getting fit to remedying common ailments, The Little Green Book of Health offers 250 tips for maintaining good health in a totally natural and eco-friendly way. With advice on how to protect your body from pollutants, irritants, carcinogens and toxins, you will not only be able to prevent illness but learn to spot the underlying hazards you are exposed to in daily life that can undermine your wellness. A conscious effort to reduce exposure to environmental toxins will ultimately help the earth and your health.



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