

## **Twenty-First Century Nutrition and Family Health**

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### ***Synopsis***

80 years ago the rampant epidemics of obesity, coronary heart disease and type 2 diabetes hardly existed. Author Arnold Page explains what has happened, based on meticulous research from over 500 scientific papers. He then demonstrates how any family can enjoy good health and good food without spending a fortune in time or money. Following his own advice Arnold was able to climb sixteen 3000 ft mountain peaks in Snowdonia in 24 hours at the age of 70, while his wife Ann recovered from type 2 diabetes.

### ***Why we are fat and ill, and why our kids needn't be***

Why are coronary heart disease, type 2 diabetes and obesity costing the NHS £33 billion a year, when they were almost unknown 80 years ago? Why is it so hard to lose weight, and even harder to keep it off? How can you find the time and money to give your kids healthy food that they will actually enjoy?

With an incisive analysis of over 500 authoritative studies, research scientist and father of four, Arnold Page, comes up with answers that will open your eyes. His newly released book 21st Century Nutrition and Family Health makes for informative reading for everyone from health professionals, to parents and anyone who has recently been told that they have type 2 diabetes or are at risk of a heart attack.

Since adopting his own clearly explained diet and exercise regime, Arnold has completed two half marathons in respectable times at the age of 71, while his wife Ann no longer needs medication for type 2 diabetes. Every parent and parent-to-be should read this astonishing and comprehensive book. It will set you and your family on a road to total health for the rest of your lives.

Contents include:

- the shocking truth about sugar
- the three major causes of heart disease and how to eliminate all three
- how to lose weight and keep it off without feeling hungry
- a common drink that reduces stress levels and the risk of strokes and other diseases
- how you and your kids can get a good night's sleep and stop feeling so tired
- how to keep your children's teeth totally free from decay and dental fluorosis
- how much water we really need to drink each day
- how to prevent type 2 diabetes and even recover from it
- how your whole family can learn to enjoy taking exercise and become super-fit
- a comprehensive manual for family health.

### ***About the author***

Arnold V Page is a member of the Nutrition Society and a professional member of the Institution of Materials, Minerals & Mining and of the Institute of Wood Science.

He has authored some thirty technical publications, conducted seminars throughout the U.K. and obtained a “Best Speaker of the Year” award from the Peterborough branch of the Institution of Structural Engineers.

Arnold is married to Ann. Several members of both their families had diet-related health problems, including one early death, so Arnold began studying published scientific papers to find out why such issues were so common in a country reputed to have a good health service. On learning the facts he put into practice what he had learned, along with what he had also learned about physical exercise. His goal is to share the enormously important lessons he has learned about diet and health, and to motivate the readers of *21st Century Nutrition and Family Health* to put these lessons into practice for the long-term health and happiness of their whole family.

### ***Book Information***

21st Century Nutrition and Family Health is published by New Generation Publishing and is available in paperback and ebook through all major online book retailers. The paperback edition can also be purchased from the author’s website, [www.booksforlife.today](http://www.booksforlife.today).

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