

Cracking The Metabolic Code: 9 Keys to Optimal Health

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Abstrak

James LaValle offers a compelling new approach to solving the problems of heart disease, obesity, cancer, diabetes, depression, arthritis, allergies, asthma, and chronic fatigue syndrome. The answers lie in his breakthrough book *Cracking The Metabolic Code*, in which he brings together "The Nine Key Factors" within every human body that are essential for the creation and maintenance of a strong, healthy body at every age and stage of life.