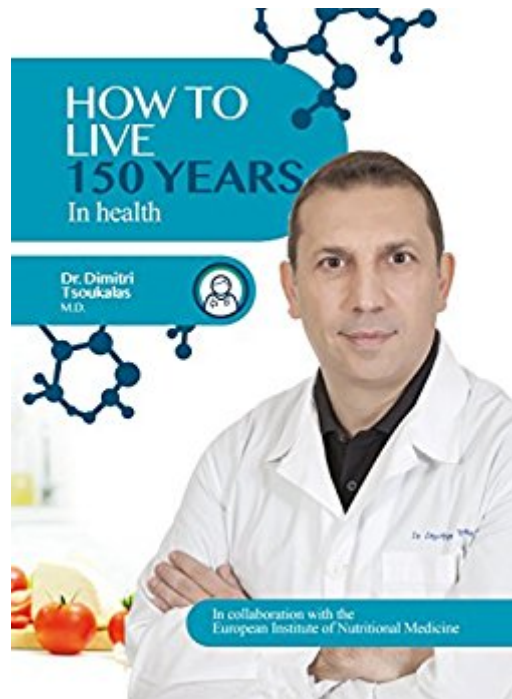


The book was found

# How To Live 150 Years In Health



## Synopsis

Improve your health and longevity thanks to the new science of Metabolomics. In this book: common questions about how to increase your energy, overcome stress, prevent disease or improve my health are effectively answered in a way that can be applied in everyday life. E.I.Nu.M. Organization that brings together doctors, nutritionists, health scientists and practitioners for the advancement of Nutritional Medicine. E.I.Nu.M.'s purpose is to disseminate to the general public the progress of medicine in the fields of nutrition and Metabolomics through the use of modern training technologies. - How can you live a long and healthy life? - How can you reach the full potential of your body? - What is the true cause of disease? - Which are the foods that are right for you? Dr. Dimitris Tsoukalas, M.D. Specializes in chronic diseases and metabolic disorders. He has been the first MD in Europe that applied Metabolomics in large clinical scale. He is President of the E.I.Nu.M. (European Institute of Nutritional Medicine) and Professor of the first online course of Nutritional Medicine based on Metabolomics. In collaboration with the European Institute of Nutritional Medicine - [www.einum.org](http://www.einum.org)

## Book Information

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## Customer Reviews

I really like this book as it gives a lot of answers and is very logical. Dr. Tsoukalas has simple answers to seemingly complicated questions! The only question is, if you don't have the fund to buy every week and month all the vitamins and minerals that you are lacking, what do you do?

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