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America in the Red Zone

In Pursuit of the Self-Health End Zone Diet

JERRY RHOADS

iUniverse.com. Hardcover. Book Condition: New. Hardcover. 322 pages. Dimensions: 8.5in. x 5.5in. x 0.9in. Science and socialized health care continue to wage a diabolical struggle that's hurting the overall health of the nation. Meanwhile, we're receiving conflicting signals about our collective health, with some studies predicting we'll live longer and other studies showing that obesity and disease will cut our lives short. Among the American population, 66 percent of people exercise fewer than ten minutes per week, 45 percent do not...

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