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Guide To Family  
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“wrong foods” that make us unhealthy, the history of diet and healthcare among Black and brown people (focusing on how things changed for the worst), the diseases and illnesses that plague our communities, and holistic (natural)

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methods to heal  
and treat ourselves  
into wellness.

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*The Hood Health  
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Practical Guide to  
Health and ...*

Morc Coulson is  
senior lecturer in  
Sport and Exercise  
Science at the  
University of  
Sunderland. He is



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the author of a number of books for fitness professionals including, The Advanced Fitness Instructor's Handbook (2008), Practical Fitness Testing (2009) and The Complete Guide to Personal Training (2013).

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Handbook: A  
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risk assessment or  
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safety policy. How  
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makes life easier  
for you by  
providing the basic  
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work that brings  
together and

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*Eat Fat Handbook:  
Step by Step Guide  
to ... - X-PERT*

*Health*

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provides:

Reassuring and  
proven advice on  
all aspects of  
women's bodies,  
health and  
hormones; An  
extensive list of

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women's  
symptoms, from  
menstrual  
problems and

infertility to

menopause,

vaginal infections

and endometriosis;

Thorough, detailed

health solutions

that combine the

best from

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complementary

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medicine;

Guidance on how  
nutrition and

supplementation  
can dramatically

improve your

health; Advice on

how to change

your lifestyle and

environment to

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*The Nutritional*

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standards for both  
level 2 and 3

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HealthGuide

Handbook has comprehensive information on how to recognize and manage common health concerns. Learn about how to prevent illness, home treatment options, and when

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you should see a health professional. You can find topics relevant to people of all age ranges throughout the handbook.

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*HealthLink BC*

The Survivor's

Handbook provides practical support

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and information for women experiencing domestic abuse, with simple guidance on every aspect of seeking support. The terms “victim” and “survivor” are both used, depending on the context. “Survivor” is, however, preferred

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as it emphasises an active, resourceful and creative response to the abuse, in contrast to “victim”, which implies passive acceptance.

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*Page 40/41*



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