



The Culprit and The Cure: Why lifestyle is the culprit behind America's poor health

By Steven Aldana

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This book presents a wealth of evidence that reveals how a healthy diet, exercise, and other healthy lifestyles can impact life-span and the risk of cancer, heart disease, diabetes and other chronic diseases. It provides easy-to-follow guidelines that will help individuals begin and maintain a healthy lifestyle for life. No infomercials here, just the facts from an authority who knows.

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Bibliography

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Editorial Review

Review

This book can do more to improve well being, now and for years to come, than the best available medicines. (Dr. Walter Willett, Chair Department of Nutrition, Harvard School of Medicine)

If you're looking for the path that leads to a long and healthy life, the definitive map is between the covers of this book! Brilliant! (Dr. David Hunnicutt, President, Wellness Councils of America)

Finally a book that gets to the heart of good health in a light-hearted but scientifically supported way! This book is a clear beacon of simple and understandable truth in a sea of commercially motivated hype. Every person with children, employees or patients should read and distribute this book. (Troy B. Adams, Ph.D. FAWHP, Arizona State University)

Finally Dr. Steve Aldana gives us accurate physical activity and nutrition in a "health" book that's actually fun to read! If people will only follow what Dr. Aldana has written, we would have a public health revolution (Garry M. Lindsay, Director of Business Partnerships, Partnership for Prevention)

I personally enjoyed reading Dr. Steven Aldana's timely, well-documented and important book, "The Cure and the Culprit." It strikes a commendable balance in the synthesis of what can often seem to be confusing or conflicting scientific findings into solid practical guidelines for adopting healthier lifestyles. I encourage everyone to read and apply the information pleasantly presented in this book. It can change your life for the better in ways you truly cannot imagine could be so simple and doable. (John H. Kelly, Jr., MD, MPH, President, American College of Lifestyle Medicine Loma Linda University School of Public Health)

As the wellness coordinator at the Washoe County School District in Reno, NV, my job is to help our employees have good health. This book is so valuable I have ordered a copy for every one of our 7,000 employees and retirees. If they will apply this information in their own lives, we will have the healthiest workforce in America. (Aaron M. Hardy, MS, Integrated Health & Wellness, Washoe County School District Wellness Coordinator)

This book shows us the way to resolve much of America's health crisis. It explains the science of healthy living in a language people can understand and follow. Yet, it is backed with the scientific evidence that can be trusted. Every adult, every patient, and every doctor in American should read this book. (Dr. Roger L Greenlaw, FACP, Rockford Gastroenterology)

From the Publisher

As Americans struggle to eat healthy foods, be physically active, avoid chronic diseases, and control body weight, this book acts as a lifeline...a beacon of scientific truth and a practical plan for change.

Steven G. Aldana, Ph.D. has cut through the marketing hype, sorted through reams of research, and consolidated mountains of evidence to put together a real-world guide to healthy living. His book *The Culprit and the Cure* is a practical guide that allows real people - like you and me - to improve the quality and length of their lives. It's really quite simple: Lifestyle is the culprit behind our nation's declining health and increasing problems with obesity and chronic diseases. The cure is transforming unhealthy lifestyles into healthy ones, resulting in chronic disease prevention (and even reversal), a longer life and maintaining a

healthy weight. There are no quick fixes: if you want lifetime benefits, you need to make permanent lifestyle changes.

In *The Culprit and the Cure*, you get the "whys and the hows." First, you see the science: why does lifestyle impact the risk of chronic disease, and what are all those research study results really saying? Science has already solved much of the good health puzzle, and here it's presented in clear, concise terms. Dr. Aldana goes on to explain how to have a healthy diet, what makes up good nutrition, how much physical activity is optimum for good health and how to make effective, permanent lifestyle changes. *The Culprit and the Cure* empowers you with hands-on tips and achievable guidance for embracing healthy choices. Once you see how this information transforms your life, you will want to share it with those you really care about.

Steven G. Aldana is a professor of lifestyle medicine in the College of Health and Human Performance at Brigham Young University. As a prolific researcher and writer, *The Culprit and the Cure* is the latest of several books he has written in addition to more than 60 scientific articles. A nationally recognized scientist and teacher, Dr. Aldana has become a leading authority on the importance of living a healthy lifestyle. Now, with *The Culprit and the Cure*, that importance is supported with a practical, do-able plan to make lifestyle change a reality.

From the Author

The information presented in these chapters is not my opinion. It is not a collection of health tips I've picked up from friends and relatives. This information comes directly from the best researchers and scientists in the world whose findings have been published only after their research has been carefully scrutinized by other nationally and internationally known experts. This information is the most accurate information available to date, and it has the potential to change your life. A good friend sent me a family photo taken at Niagara Falls. The amount of water tumbling over that cliff is awesome. It reminded me of our nation's current health situation. I imagined thousands of people floating in the river above the falls. Most of them were swept over the falls, where teams of medical professionals treated their injuries and tried to help them recover. Upstream I imagined someone standing on the bank throwing out a lifeline to anyone who wanted to grab hold and be pulled ashore to a warm, dry, safe place.

This book is your lifeline. Grab hold of it, read it carefully, and use it to adopt a healthy lifestyle. If you do, you will likely increase your lifespan, improve the quality of your life, and dramatically improve your health.

Users Review

From reader reviews:

Paul Dixon:

The reason? Because this *The Culprit and The Cure: Why lifestyle is the culprit behind America's poor health* is an unordinary book that the inside of the reserve waiting for you to snap the idea but latter it will shock you with the secret that inside. Reading this book close to it was fantastic author who also write the book in such remarkable way makes the content inside of easier to understand, entertaining approach but still convey the meaning fully. So , it is good for you because of not hesitating having this any longer or you going to regret it. This excellent book will give you a lot of benefits than the other book possess such as help improving your ability and your critical thinking way. So , still want to hold off having that book? If I have been you I will go to the reserve store hurriedly.

William Perrotta:

Reading can called mind hangout, why? Because if you find yourself reading a book particularly book entitled *The Culprit and The Cure: Why lifestyle is the culprit behind America's poor health* your thoughts will drift away trough every dimension, wandering in every single aspect that maybe unfamiliar for but surely will become your mind friends. Imaging each and every word written in a guide then become one web form conclusion and explanation that will maybe you never get ahead of. *The Culprit and The Cure: Why lifestyle is the culprit behind America's poor health* giving you an additional experience more than blown away the mind but also giving you useful data for your better life in this era. So now let us teach you the relaxing pattern at this point is your body and mind will probably be pleased when you are finished examining it, like winning a sport. Do you want to try this extraordinary wasting spare time activity?

Scott Hagen:

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Audrey Patton:

Many people said that they feel bored stiff when they reading a book. They are directly felt that when they get a half parts of the book. You can choose the actual book *The Culprit and The Cure: Why lifestyle is the culprit behind America's poor health* to make your own reading is interesting. Your personal skill of reading skill is developing when you similar to reading. Try to choose simple book to make you enjoy you just read it and mingle the feeling about book and looking at especially. It is to be 1st opinion for you to like to open up a book and examine it. Beside that the e-book *The Culprit and The Cure: Why lifestyle is the culprit behind America's poor health* can to be a newly purchased friend when you're really feel alone and confuse in what must you're doing of this time.

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