



American Medical Association Complete Guide to Prevention and Wellness: What You Need to Know about Preventing Illness, Staying Healthy, and Living Longer

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From America's most trusted source for medical advice--a comprehensive guide to preventing illness and promoting wellness

If you're one of the millions of people who have decided to take more direct control of their health by focusing on illness prevention and self-care, the American Medical Association Complete Guide to Prevention and Wellness is the resource you need. This authoritative guide provides valuable information to help you prevent disease and stay healthy throughout your life. It lays out the foundations of good health and shows you the basic steps you can take to reduce your health risks and prevent major illnesses such as heart disease, stroke, type 2 diabetes, high blood pressure, and some forms of cancer. You will learn how to avoid these and other common afflictions by making lifestyle changes and understanding what your body needs to stay fit and healthy.

Filled with leading-edge information, this indispensable reference also describes key risk-reducing measures, from eating a healthy diet and being more physically active to reducing stress, getting a good night's sleep, and having all the recommended screening tests. You will find the most effective techniques for avoiding food-borne illnesses, and you'll learn how to minimize specific risks for children, adolescents, women, and men.

Comprehensive in scope, easy to navigate, and filled with clear, helpful information and illustrations, the American Medical Association Complete Guide to Prevention and Wellness is the essential health resource for every age and stage of life.

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