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Seasonal Wellness: How Weather Conditions Affect Your Health

Seasonal Wellness

Weather Changes and
Your Health

Dr. Feng-Ling Wang



Synopsis

This booklet provides a detailed explanation of how weather conditions affect your health. Learn how and why climate can help or worsen your particular health conditions. Learn how to combat weather-related illnesses.

Book Information

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Customer Reviews

This book did little to offer any new information on how weather affects your health. Most of the information seems to be from a personal standpoint from the author. If you're looking for new information on how the weather affects your health, keep looking.

This subject has been reported on extensively in the media so this is just a condensed version of it all.

This was nothing worth reading I downloaded and will be soon taking it off my kindle :(sorry thought it was something else

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