



Your Waistline Is Your Lifeline

Dr. Don VerHulst

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Your Waistline Is Your Lifeline Dr. Don VerHulst

Dr. Don shows us that as our diets have become increasingly industrialized, our lifestyles have become more sedentary. While many of us share the same story of carrying extra pounds and struggling with our weight, disease states like obesity, diabetes and heart disease have risen to pandemic proportions. Dr. Don provides healthy examples and alternatives to living a healthier life, simple and easy.

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