

The impetus for this health information guide is based on my concern for the mortality rate within our society. We are a society of complicated humans; our motivation is based on the unwise or destructive choices we make for short-term pleasure to satisfy an immediate need. In the long run, this yields devastating consequences. However, a growing number of people are altering their habits and seeking alternative choices that are more beneficial to health. So I decided to research and write what I hope will not only be a health guide, but will prompt further inquiry and research into ways of enhancing one's health status.



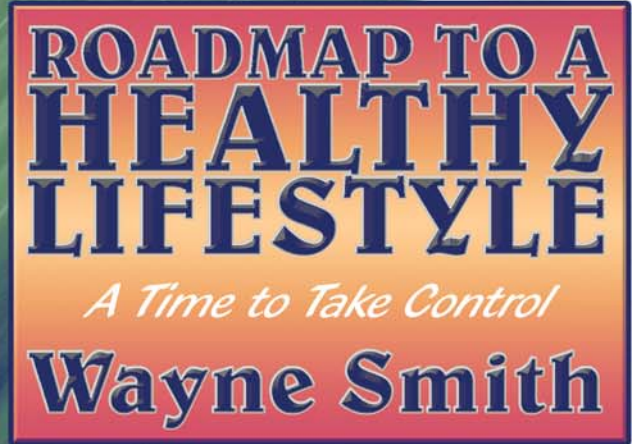
As a child growing up in the inner city, Wayne Smith had an interest in health and nutrition and the effects of foods on the body. That knowledge led to his practice of developing a holistic approach to caring for his most prized possession: his body. While in college, he studied and practiced alternative methods of health and nutrition. After receiving his undergraduate degree, he returned to earn his master's degree in health studies (promotion) from the University of Alabama.



www.PublishAmerica.com

ROADMAP TO A HEALTHY LIFESTYLE

Wayne Smith



5.50 x 8.50

.25

5.50 x 8.50

