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## Your Health on a Budget

How to Take Care of Yourself Without Breaking the Bank

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Author: Frédéric Saldmann

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With more than three million readers, Dr. Frédéric Saldmann is widely recognized as a leading authority in optimizing health capital. He is the author of numerous bestsellers, including *You Are Your Own Best Medicine*.

What if staying healthy didn't require costly treatments or extreme efforts? Dr. Frédéric Saldmann shows that the most effective ways to protect the heart, brain, body, and mood are also the simplest, most natural, and most affordable. There are no complicated rules or unrealistic constraints here. Instead, this book offers a fresh, intuitive approach to nutrition, physical activity, and lifestyle habits. Small changes become powerful tools to restore energy, vitality, and confidence. A smarter, more effective way to care for your health – without breaking the bank.

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