



## 9 "Prescriptions" for Healthy Living: (for Gujaratis)

*Raj R. Patel M.D.*

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### **9 "Prescriptions" for Healthy Living: (for Gujaratis)** Raj R. Patel M.D.

In roughly 75 pages, 9 "PRESCRIPTIONS" FOR HEALTHY LIVING (FOR GUJARATIS) explains what aspects of the Gujarati-American lifestyle are unhealthy and lead to a higher risk of heart attacks and diabetes, and then describes what good habits can help you prevent disease and make you healthier as you grow into middle age. The author aims to keep it scientific and to keep it simple. He cites studies in the medical literature that support his "prescriptions" for better health, and writes in an easy-to-read, straight-to-the-point style. You will learn new insights like how to breathe deeply to relieve stress (the way most people take deep breaths is wrong and adds to stress), that corn oil is beneficial (perhaps more so than olive and canola oil) and that you can become healthier even if you do not lose any weight. Although 9 "Prescriptions" is written for the Gujarati community, which is majority- vegetarian (and thus, the author does not advocate eating meat), the principles behind his "prescriptions" are universal and can help any man or woman live healthier.

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