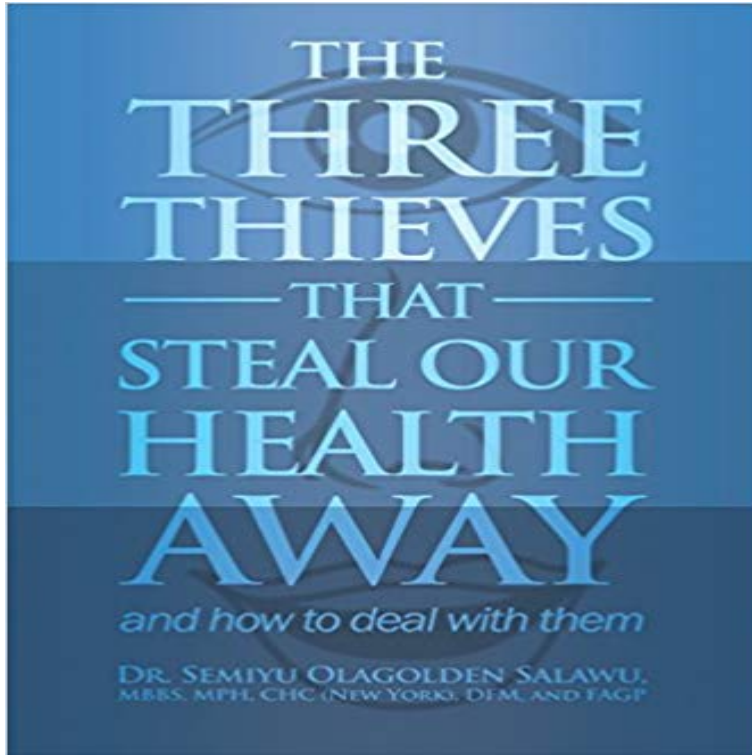


THE THREE THIEVES THAT STEAL OUR HEALTH AWAY and how to deal with them



This book was written to make it easier for readers to improve their health and make informed choices in their lives. It explains to the readers a concept that is different from other health books. This book makes it easy to connect the causes of our ill health and how to tackle them in easier and more convenient ways. There is no need to go through any complicated nutritional ideas with expensive replacement therapy. Readers just need to know how to avoid and manage the common three thieves - the cause of most of the hidden pitfalls we go through in everyday life. About the Author Dr. Semiyu Olagolden Salawu, MBBS, MPH, CHC (New York), DFM, and FAGP is a medical doctor with a deep passion for preventive healthcare. He has been in the forefront of leading his patients and community out of health problems in very simple and highly interactive ways. He is the producer and the presenter of a radio program in Nigeria called Dish of Life, where his listeners learn how to avoid ill health and how to conquer illness. Dr. Salawu is a family physician, a certified health coach from IIN New York and a member of American Society for Healthcare Risk Management (ASHRM). He is still a practicing physician in Nigeria and has travelled extensively in search of more knowledge in preventive healthcare. This book is his little contribution to help the individual reader out of any health situation. He is married with two beautiful daughters.

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