



How to Live 150 Years in health

Dr. Dimitris Tsoukalas

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Improve your health and longevity thanks to the new science of Metabolomics

In this book: common questions about how to increase your energy, overcome stress, prevent disease or improve my health are effectively answered in an way that can be applied in everyday life.

E.I.Nu.M.

Organization that brings together doctors, nutritionists, health scientists and practitioners for the advancement of Nutritional Medicine. E.I.Nu.M.'s purpose is to disseminate to the general public the progress of medicine in the fields of nutrition and Metabolomics through the use of modern training technologies.

- How can you live a long and healthy life? - How can you reach the full potential of your body? - What is the true cause of disease? - Which are the foods that are right for you?

Dr. Dimitris Tsoukalas, M.D.

Specializes in chronic diseases and metabolic disorders. He has been the first MD in Europe that applied Metabolomics in large clinical scale. He is President of the E.I.Nu.M. (European Institute of Nutritional Medicine) and Professor of the first online course of Nutritional Medicine based on Metabolomics.

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