

**A Guide To Better Health For You And Your
Children: Do It Yourself**

By Yehonatan Sraya

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<http://www.webmd.com/heart/features/12-tips-for-better-heart-health?page=2>

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Time to move. In The Body Clock Guide To Better Health (Henry Holt), chronobiologist Michael Smolensky says that late afternoon to early evening might be the best

<http://www.bodyandsoul.com.au/sex+relationships/wellbeing/the+body+clock+guide+to+better+health,8915>

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<http://www.thebetterhealthguide.com/>

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<http://www.amazon.com/Practically-Healthy-Step-By-Step-Better-Health/dp/1493156799>

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<http://us.macmillan.com/thebodyclockguidetobetterhealth/MichaelSmolensky>

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