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| Autore                  | Ronald Austa  |
| Titolo                  | ¡Hazte cargo de tu salud! : guia para jovenes   |
| Pubbl/distr/stampa      | [Bethesda, Md.] : , : U.S. Dept. of Health and Human Services, National Institutes of Health : , : National Institute of Diabetes and Digestive and Kidney Diseases, , [2007]   |
| ISBN                    | 1-329-85600-7   |
| Descrizione fisica      | 1 online resource (28 pages) : illustrations  |
| Collana                 | NIH publication ; ; no. 07-4328 (S)   |
| Soggetti                | Teenagers - Health and hygiene - United States<br>Teenagers - Nutrition - Requirements  |
| Lingua di pubblicazione | Spagnolo  |
| Formato                 | Materiale a stampa  |
| Livello bibliografico   | Monografia  |
| Note generali           | Title from title screen (viewed Aug. 3, 2009).<br>"WIN, Weight-control Information Network"--final screen.<br>"Impresa en mayo del 2007"--final screen.   |
| Nota di bibliografia    | Includes bibliographical references (pages 26-27).  |
| Sommario/riassunto      | This book provides the needed basic information for good health. The contents are invaluable. The author's simple style of writing enables every person to understand and easily apply it's recommendations. The most important investment you can make is the investment in your health. It's never too late to start. The book aims at supplying the most important points on health and how deficiencies in our food, which are caused by many factors of modern lifestyle, can be supplemented for maximum nutritional effectiveness. |