

# اصل اچ شیوه زندگی

## Lifestyle Medicine

تهییه و تدوین :

دکتر آمنه باریکانی

دکتر منیرالسادات میرزاده

دکتر اکبر نیک پژوه





# اصلاح شیوه زندگی

رویکردی نو در پزشکی

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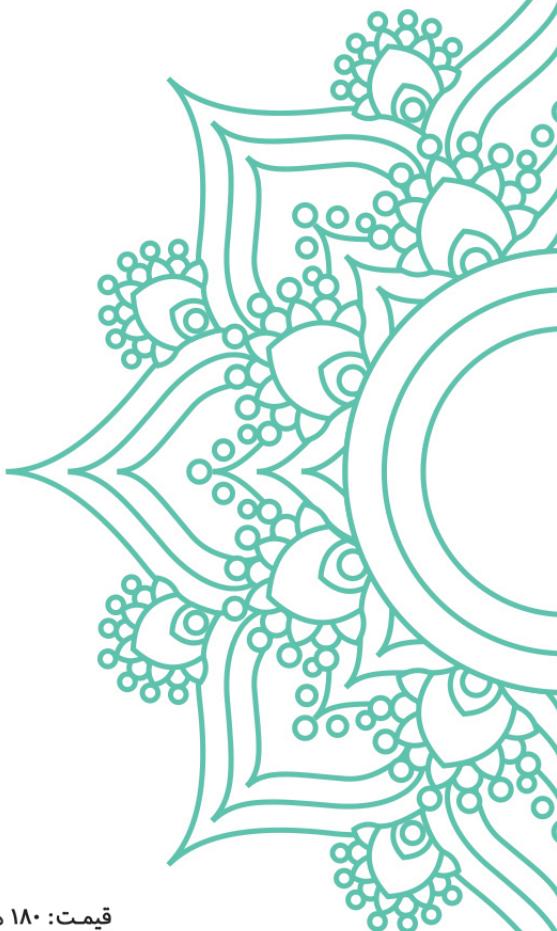




# Lifestyle Medicine

**Lifestyle, The Environment  
and Preventive Medicine  
in Health and Disease**

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Andrew Binns  
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