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The Nordic Secrets For Perfect Health! Scandinavian Rx's For Health, Happiness And Longevity!



Synopsis

When one thinks of a family or romantic getaway, what country comes to mind? Italy, France, Spain or Greece, But you may want to rethink that and head to a Scandinavian country, why? According to a recent survey, the top 5 "happiest" countries were located in Scandinavia. The countries...Iceland, Norway, Finland, Sweden and Denmark. If you were ever curious as to how the people can endure such cold and dark Winters, wonder no more. We reveal how a lifestyle of root vegetables, fish, bike riding, Nordic walking, Saunas, cod liver oil and strong family ties keep the people hale and hearty well into their 80's and 90's.

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