



# The Truth About Illness and Disease

*Robert N., M.d. Golden, Fred L., Ph.D. Peterson, Carla Weiland*

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Illness and disease may be caused by bacteria or viruses, or may be due to genetic or environmental factors. Increasingly, young Americans battle disease every day. With 66 percent of Americans overweight and 51 percent of American children overweight, diseases such as hypertension, heart disease, and diabetes are more common than ever before.

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