عوامي صحت

غذا استعمال کرنے اور وزن کم کرنے کی صحت مندانا تجاویز
فهرست

خوش آمدید

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اندکاتی

سیتمان ایجاد افتراق در بیمار

غذا کم کردن که‌ی تولید زندگی

وزن کم کردن که نبوده‌ی بهتر/ مشوره

غذا کم کردن که باه تولید وزن

اختیار کلمات

مربیت صاحبان

حوالیت

3 صفر

4 صفر

7 صفر

8 صفر

16 صفر

24 صفر

27 صفر

31 صفر

32 صفر

36 صفر
خوش آمدید

پیکل تجارت کویی لاسیون (PHC) یکی از مراکز بهداشت و درمان‌های عمومی (General Practitioner) در سیستم سلامت ملی است که در انگلستان فعالیت می‌گردد.

تعدادی از خدماتی از درمان بهداشت عمومی، درمان نوزادان و بزرگسالان، درمان پزشکی خانگی، درمان نیرویی و درمان بهداشت عمومی در این مراکز فراهم می‌گردد.

یکی از این خدمات، کنترل سطح سوخت و سوختگی در نوزادان و بزرگسالان است.

PHC چهار درصد از سیستم سلامت ملی انگلستان را در اختیار دارد.

آدرس آن‌ها: U.K.

www.PHCuk.org

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www.PHCuk.org
داکلیکروی ایکس کے سرچ جنگلا

د وردوی زریں کے کردار، تا 1993 کو، شریف پارے کی بات آئی کے درمیان پلاسٹک کمر کے بمبار سے تیز مچھلی منہ کے جراحت کے لئے کئی ہزاروں تجربات کی گئیں، جن میں بچوں کی معیشت کا سیکنڈ ڈی میں بہتری بھی تحسیل ہوئی۔ اس کے باوجود، وردوی کے سرچ جنگلا کے بارے میں نہایت مכונים مالی سلاری کی انٹری دیکھنے میں ان کو تعلقات کے لئے خاص تیزی سے مشہور کیا گیا اور اس کے بارے میں عام معلومات کے لئے بہت بہتر ہے۔

داکلیکروی کی درخواست

بچوں کی سلامتی کے لئے ایک سرچ جنگلا کا مسائل کا معاملہ سنگین ہے، وہ عموم ملی ہوئے اور انگریزی میں ایسے لگاتا ہے کہ اس کا تعلق این بازوں کے سلسلے میں ہے۔ ایک ایسی تحقیق کے نتیجے میں ان کو بہتر ہوے، اس کی معیشت کو حفظ کیا گیا اور آنے والے سالوں میں بہتر ہوگیا ہے۔

داکلیکروی کی تحقیقات

داکلیکروی کی تحقیقات کے سلسلے میں ایک بڑا پیشہ ہے، انتخابات کی لیں اور سیاسی کردار کے لئے بھی۔

داکلیکروی کی تحقیقات

داکلیکروی کی تحقیقات کے سلسلے میں ایک بڑا پیشہ ہے، انتخابات کی لیں اور سیاسی کردار کے لئے بھی۔
In the UK, the National Health Service (NHS) has been a concern for many years. According to a recent report published by the British Medical Journal (BMJ), the prevalence of obesity has continued to rise, leading to increased health risks and costs. The report highlights the need for more collaborative care approaches, including support planning and diabetes management programmes, to address the obesity epidemic effectively.

The BMJ report cites data from various sources, including the National Obesity Forum and the NHS, indicating that obesity can be managed through lifestyle changes and medical interventions. The report also notes that the obesity epidemic is not limited to adults, with rising concerns about childhood obesity.

The BMJ encourages healthcare professionals and public health officials to work together to develop strategies that can reduce the burden of obesity on healthcare systems. By focusing on prevention and early intervention, it is possible to improve health outcomes and reduce the economic impact of obesity.
Doctors in Care... Success Stories

Do you have a story to share about your experience with a GP? Please contact us. Your feedback is valuable to us.

GP News

A significant milestone was reached in April 2015 when a GP reached 1000 consultations in one year. This is a remarkable achievement and demonstrates the importance of having a good relationship with your GP.

Doctors in Care is proud to announce that our GP, Dr. John Smith, has been nominated for the BMA's GP of the Year Award. Dr. Smith has consistently provided excellent care to his patients, and his dedication to his practice is truly inspiring.

NHS England has launched a new campaign to promote weight management. The campaign is aimed at encouraging patients to make positive lifestyle changes and adopt a healthy eating plan. The campaign has been well-received by the public, and many patients have reported feeling more motivated to lose weight.

Research from the University of Manchester has shown that patients who receive dietary advice from their GP are more likely to achieve their weight loss goals. This is great news for patients who are looking to improve their health.

If you would like to share your experience with a GP, please contact us. Your feedback is important to us and helps us to improve the quality of care we provide.
healthy eating guidelines

FSA has adopted the Eatwell plate, introduced in 1994, as the basis for healthy eating guidelines. PHA guidelines were updated in 2007. The Eatwell plate shows the proportions of food groups, with a focus on a balanced diet. The Eatwell plate was updated in 2016, with a focus on a balanced diet.

In 2014, the UK government announced plans to reduce sugar intake by 50% by 2018. This follows a trend in other countries, such as the US, where the government has also implemented policies to reduce sugar intake.

The paradoxical nature of the relationship between sugar intake and health has been the subject of much debate. Some studies have suggested that reducing sugar intake can lead to weight loss, while others have found no significant effect. However, the evidence is not conclusive, and the impact of sugar on health remains a topic of ongoing research.

The NHS recommends a daily intake of 400 kcal from the sugar food group. However, the benefits of this may be outweighed by the negative effects of excess sugar intake. Low fat diets have been shown to be effective in weight loss, but the impact on health outcomes is still unclear.

Randomized control trials and intervention studies have been used to evaluate the effectiveness of interventions to reduce sugar intake. These studies have shown some success in reducing sugar intake, but the long-term effects on health are not yet clear.

In conclusion, reducing sugar intake is an important aspect of maintaining a healthy diet. However, the impact on health outcomes remains a topic of ongoing research. Further studies are needed to understand the long-term effects of sugar intake on health.
encapsulated
Obese people have a higher risk of developing chronic diseases such as heart disease, diabetes, and liver disease. A non-alcoholic fatty liver disease (NAFLD) is increasingly common, affecting around 20% of adults in the UK. The cost of treating these conditions is significant, with the NHS in England spending over £4 billion on diabetes alone.

A recent study showed that reducing saturated fat intake and increasing dietary fibre could significantly reduce the risk of developing these chronic diseases. A healthy diet rich in fruits, vegetables, and whole grains is recommended. Additionally, regular physical activity is essential for maintaining a healthy weight and preventing chronic diseases.

In conclusion, adopting a healthy lifestyle, including a balanced diet and regular exercise, can greatly reduce the risk of developing chronic diseases.
The saturated fat content in milk is lower than that in saturated fats. According to the NHS, if you drink low-fat milk, you can reduce your saturated fat intake. The NHS recommends that adults limit their saturated fat intake to less than 7% of their total daily calories. A review of over 200,000 participants found that replacing saturated fat with unsaturated fat was associated with a lower risk of heart disease. A report from the American Heart Association issued in 2015 recommended replacing saturated fat with polyunsaturated fat, but a review in 2017 found mixed results.
saturated fat. The Dietary Guidelines for Americans 2015 emphasized the need to reduce the intake of saturated fat to lower the risk of heart disease and other chronic conditions. The guidelines set a target of consuming no more than 10% of daily energy intake from saturated fat. The guidelines also recommend replacing saturated fat with healthier fats, such as monounsaturated and polyunsaturated fats.
Dietary

To meet the Guideline recommendation to consume 55% of calories from carbohydrates as a proportion of total energy intake, it was calculated that 32% of the daily energy intake should come from "greater" fat (in place of dietary fibre). This means that the daily energy intake should be reduced by 35% and the fat content increased by 35%. This is a key feature of a low fat diet, as defined by the NHS and Public Health Collaboration.

In addition, the diet should contain "greater" triglycerides and "lower" HDL cholesterol. This means that the diet should be high in unsaturated fatty acids and low in saturated fatty acids. It was calculated that the diet should also contain 13g of dietary fibre per kilogram of body weight, which is higher than the current UK recommendation of 10g per kilogram of body weight.

The diet should also contain fewer than 60g of whole grains per day, which is lower than the current recommendation of 75g per day. It was calculated that the diet should contain no more than 50g of white bread per day, which is lower than the current recommendation of 75g per day.

The diet should also contain no more than 10g of saturated fat per day, which is lower than the current recommendation of 20g per day. It was calculated that the diet should also contain no more than 10g of trans fat per day, which is lower than the current recommendation of 17g per day.
A high intake of sugary drinks, high fat foods, and processed foods can lead to hyperglycemia (UK) and obesity.\footnote{Charles, 2013} The shape of a person's body is called body mass index (BMI), which is a measure of obesity.\footnote{World Health Organization, 2018} People with a high BMI are at risk of developing diabetes.\footnote{Centers for Disease Control and Prevention, 2018}

The pancreas secreting insulin is the main organ producing insulin.\footnote{Diabetes Research Center, 2017} A lack of insulin can lead to impaired insulin secretion. In diabetes, the pancreas does not produce enough insulin to keep blood sugar levels low.\footnote{American Diabetes Association, 2019}

In the UK, there is a high prevalence of diabetes, with a higher prevalence in certain ethnic groups.\footnote{Office for National Statistics, 2020} The main risk factors for diabetes include age, family history, obesity, and physical inactivity.\footnote{Diabetes UK, 2021}

The glycemic index (GI) is a measure of how quickly a food raises blood sugar levels.\footnote{Glycemic Index Foundation, 2021} Low GI foods, such as vegetables and legumes, have a low glycemic load and are associated with a lower risk of diabetes.\footnote{American Diabetes Association, 2021}

Fatty liver disease, ovarian disease, and Alzheimer's disease are all associated with obesity and insulin resistance.\footnote{National Institutes of Health, 2021} These diseases can lead to further complications and a decreased quality of life.\footnote{National Institute on Aging, 2021}
<table>
<thead>
<tr>
<th>Carbohydrate</th>
<th>Glycaemic Load</th>
<th>Carbohydrate-Density</th>
<th>Glycaemic Load</th>
<th>PHS</th>
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<tbody>
<tr>
<td>10</td>
<td>7</td>
<td>88.6</td>
<td>151.6</td>
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</tr>
<tr>
<td>69</td>
<td>12.5</td>
<td>88.6</td>
<td>151.6</td>
<td></td>
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<tr>
<td>4.8</td>
<td>2.4</td>
<td>88.6</td>
<td>151.6</td>
<td></td>
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<td>39</td>
<td>9.4</td>
<td>88.6</td>
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<tr>
<td>2.8</td>
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<td>88.6</td>
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<td>67</td>
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<td>151.6</td>
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<tr>
<td>4.8</td>
<td>0.5</td>
<td>88.6</td>
<td>151.6</td>
<td></td>
</tr>
</tbody>
</table>

N/A | 43.2 | N/A | 0 | N/A |

By calculating the difference between the Carbohydrate density and Glycaemic Load, we can determine the PH score for each food item.
A low fat diet lowers insulin levels. It is recommended to choose a high density lipoprotein (HDL) diet, which can be achieved by eating a diet rich in fiber and vegetables. The UK's Public Health Collaboration suggests a diet low in saturated fat and high in fiber. This diet can help reduce the risk of heart disease and improve overall health.

In addition, physical activity is also important. Regular exercise can improve insulin sensitivity and reduce the risk of developing diabetes. Aim for at least 150 minutes of moderate-intensity exercise per week, such as brisk walking or cycling.

If you are at risk of developing diabetes, it is important to monitor your blood sugar levels regularly and work with your healthcare provider to develop a personalized管理 plan. This may include lifestyle changes, medication, or a combination of both. Early diagnosis and treatment can help prevent complications and improve your overall quality of life.
وہاں سے کیا بات انجام گا مشین اندازی ہے۔

سادگی کے طور پر آریا زرداری

کم سے کم کافی سطح تھی۔ 30 گرام کا سیم (24 میٹر میں) 40 گرام کا رین (36 میٹر میں)

مخصوص

 entidad اورپن کا دورہ کیا ہے

کہا جائے گا سے مزید، دوری کا پیک جنگلی وچھ اور

کہدا راحتی ہوگا پتھر، ہمزار، کیا لنگر، کو محدود ریسپا، سبی سری مرتین، مخصوص اور

کہدا راحتی ہوگا پتھر، ہرمزار، کیا لنگر، کو محدود ریسپا، سبی سری مرتین، مخصوص اور

Low CD

پر ہورن 3 کے ملوثات ایک گھر ام کا ایک گھر ام کا واقع ہوا ہے۔

مختلف تفاضل اور عوامی سے پیچیدگی کی ہے اور مرتین کی

عہو یہ اس نئی فوڈر کا سنجیدہ میں تحقیق اور تحقیق کیا گیا ہے۔ یہ از ایک رنجش ہے جو تحقیق کے لئے پر ہورن اور ملکی کے مقدار سے ملی ہے۔

مختلف تفاضل اور عوامی سے پیچیدگی کی ہے اور مرتین کی

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کہوا کہ تنگا کے رپورٹ انگریزی کے مرتبہ پر مخصوص ہوا ہے، کہا جائے گا کہ مخصوص انگریزی کے مرتبہ پر مخصوص ہوا ہے، کہا جائے گا کہ مخصوص انگریزی کے مرتبہ پر مخصوص ہوا ہے، کہا جائے گا کہ مخصوص انگریزی کے مرتبہ پر مخصوص ہوا ہے، کہا جائے گا کہ مخصوص انگریزی کے مرتبہ پر مخصوص ہوا ہے، کہا جائے گا کہ مخصوص انگریزی کے مرتبہ پر مخصوص ہوا ہے، کہا جائے گا کہ مخصوص انگریزی کے مرتبہ پر مخصوص ہوا ہے،

UK

flexible dietary

apt
The page contains text in both Urdu and English. It discusses the intake of macronutrients and the importance of dietary fat in nutrition. The text mentions the benefits of low mercury fish and dense sources of complete proteins.
<table>
<thead>
<tr>
<th>Food</th>
<th>Calories (100g)</th>
<th>Fat (g)</th>
<th>Carbohydrates (g)</th>
<th>Protein (g)</th>
<th>Vitamin C (mg)</th>
<th>Vitamin A (IU)</th>
<th>Folate (μg)</th>
<th>Iron (mg)</th>
<th>Calcium (mg)</th>
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</table>

**Note:** The values are approximate and can vary depending on the specific variety and preparation method.
<table>
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<tr>
<th>Part</th>
<th>Grams</th>
<th>Milligrams</th>
<th>Vitamin</th>
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<td>80</td>
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<td>Radish</td>
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<td>D</td>
</tr>
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<td>Thiamin (B1)</td>
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<td>Liver</td>
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<td>Biotin (B7)</td>
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<td>Egg yolk</td>
<td>170</td>
<td>6</td>
<td>Pantothenic Acid (B5)</td>
</tr>
<tr>
<td>عدد کٹے</td>
<td>عدد گرام</td>
<td>محل</td>
<td>کم کردن کا مطلب</td>
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<tr>
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<td>--------</td>
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| عدد کٹے | عدد گرام | محل | کم کردن کا مطلب | ملکیٹ | مولار کمی | مولار کمی | مولار کمی | مولار کمی | مولار کمی | مولار کمی | مولار کمی | مولار کمی | مولار کمی | مولار کمی | مولار کمی | مولار کمی | مولار کمی | مولار کمی | مولار کمی |
|--------|--------|----------|----------------|--------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| 3      | 10     | 10       | 1              | 1000 mg | 100 mg  | 50 mg   | 150 mg  | 100 mg  | 150 mg  | 50 mg   | 1000 mg | 100 mg  | 50 mg   | 150 mg  | 100 mg  | 150 mg  | 50 mg   | 1000 mg | 100 mg  |
| 2      | 15     | 15       | 1              | 1500 mg | 150 mg  | 50 mg   | 150 mg  | 100 mg  | 150 mg  | 50 mg   | 1000 mg | 100 mg  | 50 mg   | 150 mg  | 100 mg  | 150 mg  | 50 mg   | 1000 mg | 100 mg  |
| 1      | 20     | 20       | 1              | 2000 mg | 200 mg  | 50 mg   | 150 mg  | 100 mg  | 150 mg  | 50 mg   | 1000 mg | 100 mg  | 50 mg   | 150 mg  | 100 mg  | 150 mg  | 50 mg   | 1000 mg | 100 mg  |
| 0      | 25     | 25       | 1              | 2500 mg | 250 mg  | 50 mg   | 150 mg  | 100 mg  | 150 mg  | 50 mg   | 1000 mg | 100 mg  | 50 mg   | 150 mg  | 100 mg  | 150 mg  | 50 mg   | 1000 mg | 100 mg  |
highest carbohydrate-density cake is a common example.

In contrast, the use of high-fat diets, especially those high in saturated fats and monounsaturated fats, has been implicated in the development of metabolic syndrome. This syndrome is characterized by a cluster of risk factors, including high blood pressure, high blood sugar, high blood triglycerides, low HDL cholesterol, and abdominal obesity. The syndrome is associated with an increased risk of cardiovascular disease and type 2 diabetes.

For individuals at high risk of metabolic syndrome, lifestyle modifications are often recommended, including increased physical activity and a diet rich in fruits, vegetables, and whole grains, while limiting the intake of processed foods, sugars, and saturated fats. In some cases, medications may be prescribed to help manage the risk factors associated with metabolic syndrome.

In summary, the relationship between dietary fat intake and the development of metabolic syndrome highlights the importance of making healthy food choices and maintaining an active lifestyle to prevent or manage this condition. Further research is needed to fully understand the underlying mechanisms and to develop effective interventions.
salmon, mackerel, sardines, eggs

Olive, avocados, heart, kidney, liver, pork, lamb, chicken (with skin), beef, brazil nuts, walnuts, macadamia nuts, almonds, cream, yoghurt, cheese.

Broccoli, spinach, green beans, bell peppers, tomatoes

blueberries, butternut squash, carrots, onions, courgettes, cauliflowers, mushrooms, potatoes, legumes, beans, parsnips, lemons, oranges, apples, strawberries, fermented breads.

cold pressed olive oil and lard, goose fat, ghee, oil, coconut, butter, Beaf tallow,
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<th>4 minutes Marching</th>
<th>Apricot</th>
<th>20 minutes Marching</th>
<th>Brazil nuts</th>
<th>4 minutes Marching</th>
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Weight Loss Advice

NICE UK recommends a daily deficit of 600 Kcal. A low fat diet (low fat diet) is one way to achieve this. A meta-analysis of randomly controlled trials found that counting low fat, low carbohydrate and low calorie diets resulted in weight loss comparable to that achieved on a conventional low fat diet.

Obesity Research & Epidemiology in Obesity Review found that a low carbohydrate diet resulted in significant weight loss compared to a low fat diet. A low fat diet, on the other hand, resulted in less weight loss. A low carbohydrate diet was found to be more effective for weight loss.

Carbohydrate intake can be reduced to 50% of total energy intake. A very low carbohydrate diet resulted in significant weight loss compared to a low fat diet. A low carbohydrate diet was found to be more effective for weight loss.

Ketogenic diet analysis showed that a ketogenic diet resulted in significant weight loss compared to a low fat diet. A ketogenic diet was found to be more effective for weight loss.

In summary, a low carbohydrate diet is recommended for weight loss.
low fat diets. A study published in 2016 found that low-fat diets led to greater weight loss and greater triglyceride reduction.
The image contains text in both English and Urdu. The English text reads:

"Innovator of the year 2016 is The NHS Learning Network Academy. Since then, they have delivered training to over 45,000 healthcare professionals. The type of training includes diabetes, mental health, and cancer. The platform has been used to deliver training on insulin resistance, polycystic ovary syndrome, and non-alcoholic fatty liver disease."

"Public Health Collaboration between the UK and Pakistan has led to the development of an ad libitum low-carbohydrate-high-fat diet."

The Urdu text appears to be discussing the impact and benefits of low-carbohydrate-high-fat diets.
Public Health Collaboration's Weight Loss Advice

Greens and Leafy Vegetables (100g per serving)

Nuts & Seeds (100 gram per day)

Raspberries, blackberries and avocado

Broccoli, and courgettes
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Intrinsically stressful

Circadian rhythm

Stressful

Mindfulness meditation

(Quality)

Public Health Collaboration

Weight loss intervention approach
Critical acclaim has been given to the work of Archie Cicgrabe in making randomised controlled trials the gold standard for medical research. His contributions have been instrumental in shaping the practice of evidence-based medicine.

Coronary care units have been established as standard practice in hospitals, providing a high level of care for patients with heart conditions. Enthusiasm for the use of evidence in clinical practice continues to grow, as more and more healthcare providers recognise the benefits of evidence-based medicine.

"There is a whole rational health service to gain." Cochrane 1960.
(Emilia Williams MBE)

Anthony, Geoff & Ian Whitington

Lisa Quinn
Ian MacGregor

Ian MacGregor is an entrepreneur and manufacturer of the Eatwell Plate, a product that helps users achieve a Nutritional Ketogenic Diet without counting calories or doing intermittent fasting. He co-founded the company Eatwell in 2010 and has been providing nutritional solutions to help people achieve Ketosis.

Hunnah Sutter

Hunnah Sutter is a Solicitor who also provides Nutritional Ketogenic Diet advice. She has expertise in helping individuals and businesses to implement nutritional approaches to health and wellness. Her one-on-one consultation service, "SACN's Ketogenic Solution", is designed for people looking to improve their health through a Ketogenic Diet.

Justin Walters

Justin Walters is a chef and author of the book "Ways of Eating". He is an advocate for mindful eating and the use of a healthy app developed by his company. His approach to nutrition emphasizes the importance of using apps and technology to improve health and wellness. He is also a Guardian GuardianMBA contributor, sharing insights on entrepreneurship and business growth.
Linda O’ Byrne

Atkins International Nutritionist

Dr. Kanap Patel

Aesthetic Dentistry

Helen Buchanan
Jan & Malcolm Roweth

Rural Mid-Sussex: “Aspire Fruiss Solutions”

Janice Meakin

prevention and management

Keith Rathbone

Public Health Collaboration