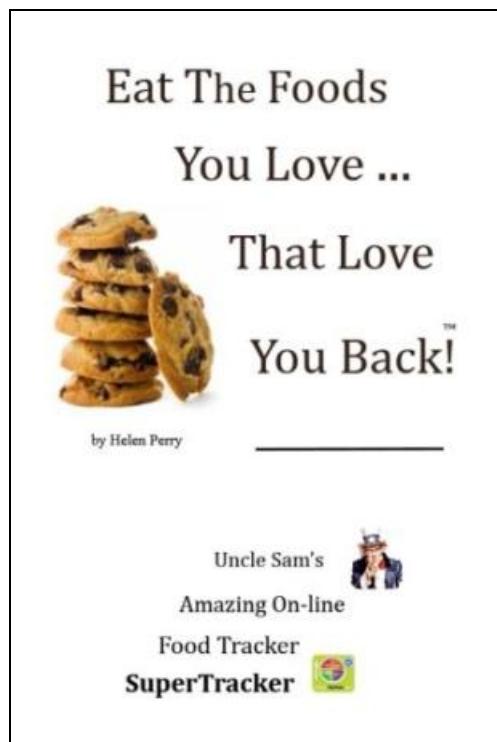


Eat the Foods You Love, That Love You Back!: Uncle Sam s On-Line Supertracker



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Reviews

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(Nathanael Treutel)

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Createspace, United States, 2014. Paperback. Book Condition: New. Large Print. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. This is NOT a typical diet book. It is an all-encompassing approach (body, mind soul) to improve a person s general well-being. On this diet, you can actually eat desserts. I mean real desserts, not sugar free or fat free. Information presented in this book is, merely, our opinion based on our own experiences. Although we are not experts in the field, we believe we have possibly made a discovery. We ve learned some foods we love. don t love us back. It s only the foods that don t love us back, that we need to stay away from. Again, we re all unique. That s why you have to find the foods and desserts that you love, that love you back. These foods will work WITH your body chemistry and NOT against it. With this diet, you ll have to try it to believe it. How is it possible? There are a lot of things to be considered. As an example, let s take blood types. According to David L. Katz, MD, director of the Yale-Griffin Prevention Research Center: Researchers have known for years that type O s tend to be more susceptible to ulcers. Food allergies or intolerances may be related to blood type, too. I have a friend whose blood type is AB. He loves steak, but beef of any kind makes him sick. Whereas, I am O+. I love steak, too. I can eat it, no problem. Everyone has a different metabolism and chemistry. definition: the life-sustaining biochemical activity of a particular substance in a living organism. A perfect example is alcohol. We all know people that get drunk on 2...

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