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Conquering any disease pdf

So much so that I spent about three through the book before I knew that the only thing I could use effectively was to fold the corners on about a dozen pages and just start with those. Let me get a big negative out of the way: the author runs very poor about the references. So if this is scary, put it for you, don't read the book. On the contrary, for open-minded readers who have seen plenty of evidence for plant-based eating as a way to avoid or overcome many diseases common in the 21, this can be a very useful reference book (see, for example, Esselstyn, McDougall, Campbell or PCRM).

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