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alkaline diet cookbook vol pdf

A fad diet or diet cult: 9 is a diet that promises weight loss or other health advantages, such as longer life, and usually relies on pseudoscience rather than science to make many of its claims. In many cases, the diet is characterized by highly restrictive or unusual food choices.: 296 Celebrity endorsements are frequently used to promote fad diets, which may generate significant ...

Fad diet - Wikipedia

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In this "best-of" compilation of his last four year-in-review presentations, Dr. Greger explains what we can do about the #1 cause of death and disability: our diet.

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