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The Eat To Live 2011 revised edition includes updated scientific research supporting Dr. Fuhrman's revolutionary six-week plan and a brand new chapter highlighting Dr. Fuhrman's discovery of toxic hunger and the role of food addiction in weight issues.

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The Blood Type Diet Official Website dadamo com

Information, guidance and support for readers interested in applying the principles of The Blood Type Diet as outlined by The New York Times best-selling author Dr. Peter D'Adamo.

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The China Study by T Colin Campbell What to eat and

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