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## Losing Weight Is Simple: Caloric Restriction Extends Lifespan, Losing Weight Made Simple, Lose Weight and Belly Fat, Eat Less Live Long and Young, Increased Testosterone Levels, Intermittent Fasting Recent Health Trend, Increased Human

By Dr M Sc M S Ph D Dash

Createspace Independent Publishing Platform, United States, 2018. Paperback. Condition: New. Language: English. Brand new Book. INTRODUCTION First thing you should do is to make a list what you usually eat. If the list contains any of the following foods, you must gradually stop eating them, if you can't stop eating them right away. Eat natural healthy foods. Below is the list of foods that I want you must avoid; Grains, bread, cereal, wheat products, pasta, pizza, bagels, processed foods, processed meats, packaged foods, fast foods and fried foods, soda pops, energy drinks, juices (especially orange drink) and juice cocktail. I hope you got the message. If you stop taking these, you will see the changes within a week your body did not evolve to consume starchy, high carbohydrate sugars from bread, pasta, cereal and other grains, soda pops, juice cocktails, energy drinks, etc . Ever since we were told to eat low fat, these foods have been the bulk of our diet AS a result, there has been a modern epidemic of obesity and diabetes. At the same time, we face skyrocketing rates of dementia and Alzheimer's Research shows a strong link between blood sugar disorders and every stage of...



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