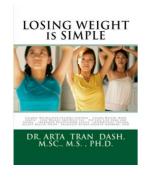
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Createspace Independent Publishing Platform, United States, 2018. Paperback. Condition: New. Language: English. Brand new Book. INTRODUCTION First thing you should do is to make a list what you usually eat. If the list contains any of the following 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...

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