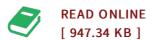




## The Paradigm Diet

By M D Adam Dave

Createspace, United States, 2011. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.THE PARADIGM DIET is a short, simple to read manual of applied nutrition for everyone - young, old, parents, and teens. With candor and humor, author Adam Dave, M.D. dispels dietary myths while providing the reader with the principles of proper nutrition. Next, from the premise that the ideal (Paradigm) diet should have six characteristics maximally nutritious; innately delicious; available and affordable; properly prepared; environmentally friendly; unrefined, unprocessed, and whole - Dr. Dave proves beyond any doubt the healthiest diet on the planet, which is at once time-honored, newly rediscovered, and backed by scientific research. Finally, THE PARADIGM DIET proposes a practical means of implementing the perfect diet that is easy, efficient, affordable, and fun for one and all. If your wish is to lose weight, reduce cravings, increase fitness and muscle tone, make better food choices, eliminate allergies, decrease medication requirements, overcome addiction, or raise healthier kids, THE PARADIGM DIET is for you. Once you have perused its pages, you will know more about nutrition than many medical doctors, and be able to cook healthier meals...



## Reviews

Extensive guide! Its such a excellent read. This can be for anyone who statte that there was not a worth looking at. I am just effortlessly will get a satisfaction of looking at a written publication.

## -- Melvin Hettinger

This book will not be effortless to start on reading through but very exciting to learn. It is amongst the most remarkable book i have got go through. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Dr. Easton Collier DVM

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