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Do you have questions or concerns?
Need help with your Big Diabetes Lie order?

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DIABETES BREAKTHROUGH

The pharmaceutical industry has been keeping this secret for over 21 years... [Learn More](#)

CENSORED

Inflammation Can Trigger Depression



Inflammation in the body gives two to three times increased risk of depression. It shows a large Danish study involving 73,000 Danes.

Tags: [Depression](#) [Inflammation](#) [Nutrition](#)

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Top 8 Most Potent Superfoods on the Planet



Many people know which foods to avoid (right?). Despite the barrage of chocolate chip cookies, cakes, potato chips, and soda pop which provide out body with a healthy dose of disease, most people know that those foods are indeed unhealthy. But when it comes to the healthy stuff, do you know which foods are worthy to be called 'superfoods'? The answers may surprise and delight you.

Tags: [Nutrition](#) [Hemp](#) [Chia](#) [Spirulina](#)

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The Healthy Cell Concept - The 5 Pillars of a Healthy Cell and a Disease Free Body



The *Healthy Cell Concept* proposes that keeping the cell—the basic unit of the body—healthy results in the body being healthy. The body and health are holistic: that is, they are both the greater whole of a number of smaller parts.

The Healthy Cell Concept focuses on five of these smaller parts:

Tags: [Nutrition](#) [Cell](#)

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- Hemorrhoids
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Wheat: The Addiction That is Making You Sick

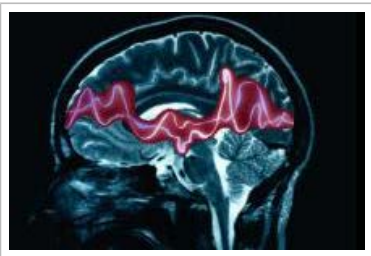


The wheat today is completely different than the wheat our grandparents and even our parents ate. What we have now is not the traditional four and a half foot tall plant which was cultivated for thousands of years. Today we grow an 18 inch tall, semi dwarf, lab made, genetically engineered creation made specifically to increase yields and profits, and is more aptly called 'frankenwheat' by Dr. William Davis, the author of *'Wheat Belly'*.

Tags: [Wheat](#) [Toxin](#)

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Epilepsy A Simple Natural Remedy



"Most epileptics are magnesium deficient. I wish I had found this out 40 years ago. Now I can even drive a car and ride a bike. It is so wonderful not to have seizures anymore plus not have to depend on drugs all the time and of course be free of drug side-effects."

Tags: [Epilepsy](#) [Natural Cures](#) [Vitamin E](#)

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Chronic Fatigue: Easy Natural Remedies

Looking for a drug cure for Chronic Fatigue Syndrome is a bit like trying to buy a new Buick from a Ford



dealer: it just isn't possible. The first rule of fishing is to put your hook in the water, because that is where the fish are. Let's consider nutrition research and see what REAL options are available for the CFIDS patient that has been told to "learn to live with it."

Tags: [Fatigue](#) [Natural Cures](#) [Vitamins](#)

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Simple Steps to Control Bad Behaviour in Children



If there were a genuine shortcut to raising children, kids would be ready to go off on their own by age two. If this concept appeals to you, I recommend that you change species, for a two year old cat, dog or cow is fully adult.

Tags: [Children](#) [Behaviour](#) [ADD](#) [Vitamins](#)

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Miracles of Niacin (Vitamin B3) Therapy as Used by Abram Hoffer, M.D.



This vitamin has been shown to be effective for Cancer, Schizophrenia, Heart Disease, Alzheimers, Alcoholism, Arthritis, Diabetes and much more.

Tags: [Schizophrenia](#) [Heart](#)

[Disease](#) [Alzheimers](#) [Alcoholism](#) [Arthritis](#) [Diabetes](#) [Cancer](#) [Natural Cures](#) [Vitamins](#)

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Food Combining: Improve Digestion and Lose Weight

How often do you feel bloated or tired at the end of a meal? Perhaps you suffer from disturbed sleep or your stomach is constantly grumbling or groaning. You may have aggravating aches and pains. Lethargy, chronic fatigue and digestive disorders arrive when we strain our digestive systems and the



modern diet which mixes many varieties of foods can contribute to this strain.

Tags: Food Combining Nutrition Indigestion

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Heart Disease: Why Vitamin E was Ignored as Heart Therapy for 40 Years



In the late 1940s, Drs. Wilfrid and Evan Shute began to treat large numbers of patients with megadoses of vitamin E, usually above 800 IU daily. Their clinic eventually had experience with perhaps 30,000 patients who came from all over North America to receive their treatment. The recent Harvard findings illustrate again the rapid advance of the orthomolecular paradigm in overthrowing the anti-vitamin paradigm, which has done so much harm in the past twenty years.

Tags: Heart Disease Vitamins Vitamin E Natural Cures

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