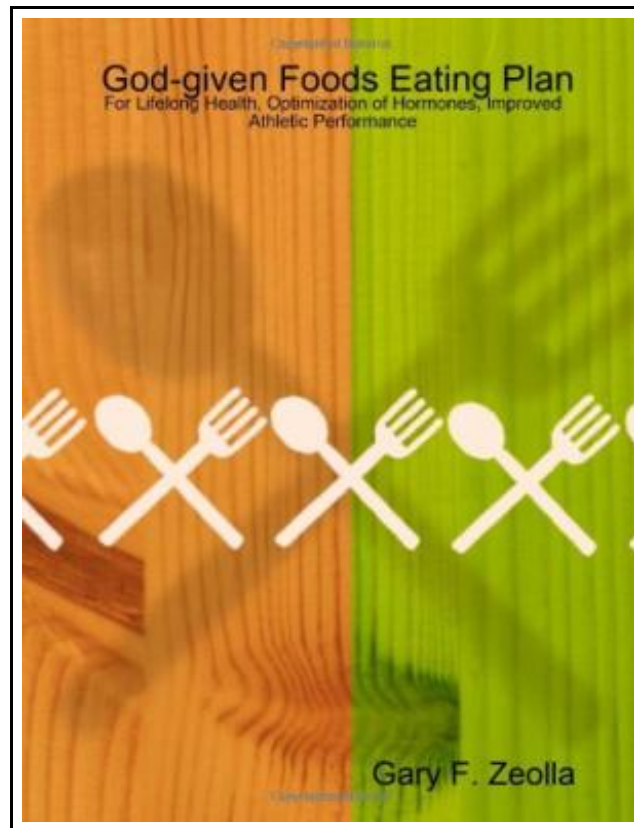


God-given Foods Eating Plan: For Lifelong Health, Optimization of Hormones, Improved Athletic Performance



Filesize: 6.91 MB

Reviews

An exceptional publication as well as the font employed was exciting to see. it was actually writtern extremely flawlessly and helpful. Once you begin to read the book, it is extremely difficult to leave it before concluding.



(Dominic Collins)

GOD-GIVEN FOODS EATING PLAN: FOR LIFELONG HEALTH, OPTIMIZATION OF HORMONES, IMPROVED ATHLETIC PERFORMANCE



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Lulu.com, United States, 2007. Paperback. Book Condition: New. 277 x 203 mm. Language: English Brand New Book ***** Print on Demand *****.This book studies different food groups, with a chapter devoted to each major classification of foods. First the Biblical evidence is considered, then modern-day scientific research. Foods are classified as God-given foods and non-God-given foods. A healthy eating plan is composed of a variety of God-given foods and avoids non-God-given foods. Unlike other books on this subject, this book does not promote a vegetarian diet since God gave us meat for food, and meat-eating is assumed throughout Scripture, with no negative connotations. Moreover, meat, poultry, and fish can and should be included in a healthy eating plan. The proposed eating plan is also designed to optimize hormones, such as testosterone, growth hormone, and insulin. This can produce dramatic differences in a person's health and well-being and can lead to a gain in muscle mass and a loss of body fat. It can also lead to improved athletic performance. This book also looks at other aspects of athletic nutrition.

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