

Vital Facts about Foods: A Guide to Health and Longevity PDF

Vital Facts about Foods: A Guide to Health and Longevity



By Otto Carqué

**Included: 200 + Longevity recipes
&
250 Food Analyses References**

Forget about injections, drugs, cloning and bio-technology.
Here is the perfect natural health solution to aging and disease.
Seeking that perfect natural health book
to not only inspire you but show you the way?
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Included: 200 + Longevity recipes & 250 Food Analyses References Forget about injections, drugs, cloning and bio-technology. Here is the perfect natural health solution to aging and disease. Seeking that perfect natural health book to not only inspire you but show you the way? You'll find it right here. Tired of hearing about injections, drugs, cloning and bio-technology to keep you alive and healthy till well past 120? Longevity scientists are only now discovering the vital contribution to anti-aging by Otto Carqué. Carqué, with his lifelong work on the study of nutrition, food and aging, published this comprehensive book to aid in your maintenance of health, preservation of life, and prevention of disease. He offers you the real concepts behind the cause of disease stressing the dangers of 'drug medication', vaccination and other dangerous 'therapy's'. Combined with what he called the 'vital facts of life' and over 200 wholesome recipes, you will learn how to purify your body

by natural methods to live a longer, loftier and more useful life. This is one of the first classic health books I ever read and helped me so much to understand why the medical community is on the wrong path when it comes to dealing with health and disease. This book provides great knowledge of how we should eat for great health and wellness.....Paul Nison Author, Speaker and Raw Food Chef www.Paulnison.com, www.Rawlife.com

Vital Facts about Foods: A Guide to Health and Longevity Review

This Vital Facts about Foods: A Guide to Health and Longevity book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this reserve incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of Vital Facts about Foods: A Guide to Health and Longevity without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't be worry Vital Facts about Foods: A Guide to Health and Longevity can bring any time you are and not make your tote space or bookshelves' grow to be full because you can have it inside your lovely laptop even cell phone. This Vital Facts about Foods: A Guide to Health and Longevity having great arrangement in word and layout, so you will not really feel uninterested in reading.