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Being Marc David*

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Nourishing Wisdom A Mind Body

Beauty Loveliness, Proportion, Art, Garden Beauty, Natural Beauty Quotes for Gardeners and Lovers of the Green Way Compiled by Karen and Mike Garofalo

Beauty, Lovliness - Quotes, Poems, Sayings, Insights, and ...

I'm wondering if you've seen this article by Dr. Catherine Shanahan of Deep Nutrition? She describes what she calls the "bear in the woods" theory, whereby a very abrupt change to a low-carb diet can cause some people to experience all the symptoms of hypo-thyroidism via a chemical called reverse T3.

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