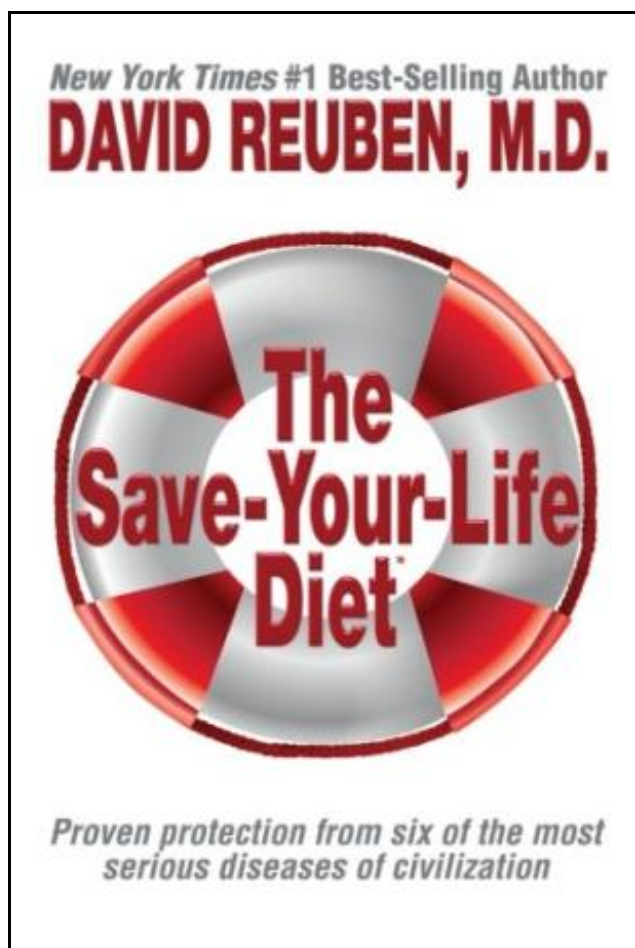


The Save-Your-Life Diet: Proven Protection from Six of the Most Serious Diseases of Civilization



Filesize: 1.48 MB

Reviews

An extremely wonderful publication with lucid and perfect reasons. It typically will not expense too much. You are going to like the way the blogger compose this publication.

(Prof. Maya Hand)

THE SAVE-YOUR-LIFE DIET: PROVEN PROTECTION FROM SIX OF THE MOST SERIOUS DISEASES OF CIVILIZATION



Createspace, United States, 2014. Paperback. Book Condition: New. Revised. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Best-selling author, David Reuben. M.D., tells you the one simple change you can make in your diet that will give you medically-proven protection against colon and rectal cancer, heart attacks, appendicitis, diverticulosis, hemorrhoids, constipation and other diseases of civilization. This book guides you step-by-step in the easy and appetizing process of making your diet your shield against the disease. In this history-making explanation of the high-fiber diet, Dr. Reuben has brought good health and long life to millions of Americans. For decades Medical Science was puzzled by the fact that Black Africans seemed to be immune from cancer of the colon and heart attacks and several other terrible diseases. They almost never came down with either of these 2 killer diseases. Among Black Africans hardly anyone gets colon cancer much less dies from it. But in the U.S. 140,000 people get colon cancer every year - and 50,000 of them die from it. Among Black Africans hardly anyone gets a heart attack much less dies from it. Every year 720,000 Americans have a heart attack and 380,000 of them die. What's the difference? For centuries, no one knew. But about 50 years ago two brilliant English physicians made an amazing discovery. They realized that there was one tiny overlooked difference between the African diet and the American/European. One single apparently insignificant ingredient was sparing the lives of the Africans and killing millions of Americans and Europeans. That ingredient - with a cost so low it could hardly be measured - was dietary fiber! Black Africans living in the villages consumed a diet with large amounts of roughage or dietary fiber. They ate things like beans, corn meal, bananas, potatoes,...



[Read The Save-Your-Life Diet: Proven Protection from Six of the Most Serious Diseases of Civilization Online](#)



[Download PDF The Save-Your-Life Diet: Proven Protection from Six of the Most Serious Diseases of Civilization](#)

Other eBooks



Valley Forge: The History and Legacy of the Most Famous Military Camp of the Revolutionary War

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Includes pictures *Includes accounts of Valley Forge written by Washington and other generals...

[Save ePub »](#)



American Legends: The Life of Josephine Baker

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Includes pictures *Includes Josephine Baker s quotes about her life and career *Includes...

[Save ePub »](#)



American Legends: The Life of Sharon Tate

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Includes pictures *Includes Tate s own quotes about her life and career *Includes...

[Save ePub »](#)



History of the Town of Sutton Massachusetts from 1704 to 1876

Createspace, United States, 2015. Paperback. Book Condition: New. annotated edition. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This version of the History of the Town of Sutton Massachusetts...

[Save ePub »](#)



The Voyagers Series - Europe: A New Multi-Media Adventure Book 1

Strength Through Communications, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Voyagers Series is a new multi-media, multi-disciplinary approach to teaching...

[Save ePub »](#)

**Homeschool Your Child for Free: More Than 1,400 Smart, Effective, and Practical Resources for Educating Your Family at Home**

Random House USA Inc, United States, 2009. Paperback. Book Condition: New. 2nd. 229 x 185 mm. Language: English . Brand New Book. Provide a solid education at home without breaking the bank. Introduced in 2000,

[Save Book »](#)

**The Talking Beasts (Dodo Press)**

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s author

[Save Book »](#)

**The Romance of a Christmas Card (Illustrated Edition) (Dodo Press)**

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. Alice Erclé Hunt (illustrator). Illustrated. 229 x 147 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin, nee Smith (1856-1923) was

[Save Book »](#)

**How to Make a Free Website for Kids**

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Table of Contents Preface Chapter # 1: Benefits of Having a Website Chapter

[Save Book »](#)

**Fart Book African Bean Fart Adventures in the Jungle: Short Stories with Moral**

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Black White Illustration Version! BONUS - Includes FREE Dog Fart Audio Book for

[Save Book »](#)