

# Access Free Dr Sebi National Food Guide

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*Dr. Sebi's Daughter Kellie Bowman Speaks On Black Women's Health | Essence News | ESSENCE*

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*Simple Delicious Alkaline Recipes! Family Of Dr. Sebi Talk His Journey, Natural Healing \u0026amp; Nick Cannon Documentary | Black Coffee I Stopped Following Dr Sebi's Alkaline Electric Vegan Diet for 10 Weeks + Here's What Happened ~~Dr Sebi's Nutritional Guide | Unbiased Review DR SEBI ELECTRIC FOOD | WHAT I ATE TODAY #1~~ Dr. Sebi Alkaline Food List 2020 (Alkaline Diet) **Dr. Sebi Alkaline Food List 2019** Dr. Sebi speaks*

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about natural healing. Dr Sebi FINALLY Breaks Down Foods To Eat And Foods Not To Eat! *Make Dr. Sebi's list work for YOU! 15 simple steps* DR. SEBI DOCUMENTARY Q \u0026 A (Part 1) - Dr. Sebi Detox, Herbs, Healing and More Developing Financial Markets for Financing Growth ~~Dr. Sebi's Method for Cleansing and Revitalizing The Body~~ 2 Steps To Healing **Current Economy of the Day | Asian Development Outlook | UPSC CSE 2020-21 | By Joicy Joy General Awareness for November 2020 | Part 2 | Spotlight Revision | RBI SEBI NABARD 2020** *DR. SEBI FOOD LIST | ALKALINE Food List \u0026 Dr. Sebi MEAL PLAN Ideas* ~~5 Ways To Detox/Cleanse (How To Make Herbal Teas)~~ Dr. Sebi Methodology ~~Alkaline Spices and Herbs~~ Dr Sebi National Food Guide

Tomato (cherry and plum only) Turnip greens. Zucchini.

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Watercress. Purslane (Verdolaga) Wild Arugula. Fruits. Apples.  
Bananas (smallest or Burro)

Dr Sebi Food List - Acid-Free Alkaline Electric Foods

Nutritional Guide of Dr. Sebi • Raw Sesame Tahini Butter •

Walnuts • Brazil Nuts • Pine Nuts Oils • Olive Oil (Do not cook) •

Coconut Oil (Do not cook) • Grapeseed Oil • Sesame Oil •

Hempseed Oil • Avocado Oil Also, drinking plenty of fluids to  
flush out toxins is crucial. Dr. Sebi recommends consuming a

Nutritional Guide of Dr. Sebi - Home of Drop Nation

Although the natural vegetation cell food compounds were designed  
to extract mucus from a given area of the body, it is also necessary  
for the body to be cleansed as a whole. What makes our compounds

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unique is the manner in which they work to cleanse and nourish the entire body.

## Nutritional Guide - Dr Sebi's Cell Food

As I stated earlier, the Dr Sebi food list is very specific and excludes many whole-food plant-based foods. Dr. Sebi recommends avoiding hybrid foods (plants and their fruits made by unnaturally cross-pollinating two or more plants) because they change the genetic structure, electrical composition, and pH balance to its detriment. One such food is garlic, a plant food we are accustomed to eating but is not the best food to consume. Dr. Sebi Food List.

Note: Dr. Sebi has (added) and (removed) ...

## Dr. Sebi Nutritional Guide - Mucus Reducing Alkaline Diet

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The Dr. Sebi diet emphasizes eating nutrient-rich vegetables, fruits, whole grains, and healthy fats, which may decrease your risk of heart disease, cancer, and inflammation. Downsides of the Dr ...

Dr. Sebi Diet Review: Weight Loss, Benefits, and Downsides

Avoid canned and seedless fruits. The Dr. Sebi diet involves eating: vegetables, including avocado, kale, bell peppers, and wild arugula. fruits, including apples, bananas, dates, and Seville ...

Dr. Sebi diet review: Method, evidence, benefits, and risks

Dr. Sebi's Nutritional Food Guide Now let's proceed to his approved food guide. If you want to try organic foods, you can start with his food list. First, in vegetables, you must include cucumber, green banana, avocado, lettuce, okra, tomato, watercress, olives, sea

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vegetables, and dandelion greens.

Dr. Sebi Electric Food List: Maintaining the Organic Way ...

The inspiration behind the Dr. Sebi diet comes from native Honduran, Dr. Sebi (real name Alfredo Darrington Bowman), who acknowledges himself as an herbalist, natural healer, and intracellular therapist that was originally inspired by an herbalist in Mexico.. The methodology of Dr Sebi is rather interesting and involves focusing of natural, alkaline, plant-based foods and herbs while staying ...

Dr. Sebi Diet Review: Plant Based Diet Cell Foods Herbalist  
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Dr. Sebi's African approach to disease relies on natural botanical remedies to cleanse and detoxify the body, bringing it back to a more alkaline state from the acidity that causes disease and pathology. Natural vegetable cell food compounds are an important part of that change.

Dr. Sebi's Cell Food Dev

Like other vegan plans, the Dr. Sebi diet calls for supplementation,



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mainly with vitamin B-12. You can also supplement with calcium, iron, and omega-3 fatty acids, although it is entirely possible to get plenty of these essential nutrients from whole food plant-based sources.

Dr. Sebi Food List with Tips - 2020 - Easy Recipe Depot

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Dr Sebi National Food Guide Dr. Sebi Nutritional Guide – Mucus Reducing Alkaline Diet The herbalist Dr Sebi inspired this mucus reducing alkaline diet, which is made up of non-hybrid alkalizing plant foods. These foods control the acid level in the body, which protects against harmful mucus buildup that compromises organs

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File Type PDF Dr Sebi National Food Guide food is garlic, a plant food we are accustomed to eating but is not the best food to consume. Dr. Sebi Nutritional Guide - Mucus Reducing Alkaline Diet Per the Dr. Sebi Food List, no meats, chicken, fish, eggs, animal flesh are permitted while in this fasting — healing detox diet!! It's strict that way to allow the

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dr sebi national food guide Media Publishing eBook, ePub, Kindle PDF View ID b27665d4f May 06, 2020 By Paulo Coelho link you could buy lead dr sebi national food guide or get it dr sebi nutritional food guide now lets proceed to his approved food guide if you want to try organic foods you can start with his food list

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In 2004, Dr. Sebi allegedly spent months treating Jackson with his "African Bio-Electric Cell Food Therapy." Jackson reportedly once took Dr. Sebi to Washington D.C. to meet with black Congressmen ...

What You Need To Know About Dr. Sebi And Nipsey Hussle's ...  
Dr. Sebi spoke about winning the civil and criminal case against him for practicing medicine without a license and for making fraudulent medical claims. Dr. Sebi was arrested on February 10, 1987 in New York because his Usha Research Institute placed an advertisement in the Amsterdam News claiming to cure AIDS, sickle cell, lupus, and other ...

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Dr. Sebi Speaks About Winning The NYC Supreme Court Case ...  
Read Book Dr Sebi National Food Guide Dr Sebi National Food  
Guide Tomato (cherry and plum only) Turnip greens. Zucchini.  
Watercress. Purslane (Verdolaga) Wild Arugula. Fruits. Apples.  
Bananas (smallest or Burro) Dr Sebi Food List - Acid-Free Alkaline  
Electric Foods Nutritional Guide of Dr. Sebi • Raw Sesame Tahini  
Butter • Walnuts • Brazil Nuts •

The Most Complete Guide on Dr.Sebi Products & Food List! If you  
have thought about diving full force into Dr. Sebi's diet, then you  
are going to want to continue reading. To become healthy, you have

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to take things back to nature. Dr. Sebi was very serious about health, and he knew the treatments and advice that modern medicine gave people didn't help fully. The majority of the medicines on the market will end up causing more problems for the body. Dr. Sebi realized that the cause of problems in the body was due to too much mucus, and food, medicines, and the way we lived caused this buildup of mucus. This book is here to teach you about Dr. Sebi's diet and the products he recommends for optimal health. Within these pages you will learn: The best Dr.Sebi products to take and how to take them in a detox plan The 10 biggest secrets about the Dr. Sebi diet The benefits of following Dr. Sebi's teachings Foods that you should never eat on Dr. Sebi's diet A sample menu to help you get started ... And much more By deciding to follow the Dr. Sebi diet, you are taking a huge step towards becoming healthy.

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If you suffer from diseases like diabetes, lupus, and more, then the Dr. Sebi diet can be extra helpful for you. In the 1980s, he proved that his diet could help heal people from "incurable" diseases. Even if you don't currently suffer from any diseases, his diet can help prevent the development of some of the most common diseases. Right now, you have to make a decision. Are you going to continue to live the way you are, possibly suffering from something your doctor says they can't do anything about, or are you going to change the way you eat and heal your body? The choice is yours, but if you want to change... Scroll up and click "Buy now."

Do you like to learn different ways to overcome medical problems without using modern medicine full of harmful effects? Are you looking for a natural way to become healthy and fight various

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health issues without spending more money? If you answer yes to either of these questions, then the Dr. Sebi's way is what you need. There is no doubt that medical sciences have revolutionized the treatment of different body ailments. However, sometimes the body becomes resistant due to such medications' high usage, and you don't get the desired outcome. In this case, you need some natural remedy that has no side effects, and here comes the role of Dr. Sebi's natural alkaline diet. Dr. Sebi was a Honduran herbalist and healer who discovered that a simple diet could be the cure for so many illnesses in the world. Think about the number of autoimmune diseases there are, such as HIV and lupus. Doctors don't know how to heal those diseases. All that is available are medicines to help control them, which is great, but wouldn't it be great if there was something you could do that would get rid of the disease



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altogether? Dr. Sebi wanted that, and that's what he did. In this Book, you'll find:

- How to prevent naturally high blood pressure, diabetes, hair loss and asthma with dr. sebi's approved nutritional guide and food list.
- What causes high blood pressure and what are the symptoms of hypertension.
- The different types of diabetes and how to reverse it with the alkaline diet.
- Which are the best foods to treat hair loss.
- The different types of asthma and which are the most common causes and triggers.

It's time to make your decision. Will you continue living the way you are, or will you improve the way you eat and heal your body? Get a copy of this book now!

Do you intend to eat healthy plant-based meals to cleanse your body of mucus thereby naturally preventing diseases? This beginner's guide to Doctor Sebi diets is for you. Studies have shown that this

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alkaline diet can cleanse, nourish and rid the body of mucus, toxins and acids. Accumulation of mucus is what causes diseases. For instance, excess mucus in the pancreas results in Diabetes. Consumption of food on Doctor Sebi food list would make the body alkaline which would reduce the risk of diseases and boost immunity; thereby bringing the body to a healthy state. This cookbook presents the Doctor Sebi food list and a variety of recipes for meals (breakfast, lunch and dinner) in a easy, step-by-step and concise manner. The recipes define what can be eaten and the suitable proportions of ingredients. This will assist you to start, build and maintain your personal meal plans from the natural, plant-based foods that Doctor Sebi recommends complete with the steps required to prepare the delicious meals. Sticking to the diet plan would be challenging if you eat out a lot. The reason why many

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start a healthy living lifestyle and deviate is because boredom starts to set in with the scope of foods they have been eating for a long time. Subsequently, they start to crave for foods on the list of 'foods to avoid'. HIT THE 'BUY NOW" BUTTON for effective meal planning that is critical for eliminating boring meals and give you the latitude to keep eating new fun dishes whilst sticking to the Doctor Sebi diet plan. What is the Doctor Sebi diet Benefits of Following Dr Sebi diet The Doctor Sebi diet food list Foods to eat Foods to Avoid Benefits of Following a Dr Sebi diet Recipes and step-by-step preparation guide

In 2016, Dr. Sebi, a world-renowned herbalist, naturalist, and pathologist left the world silently. Despite his death, his discoveries and his own Candida therapy are still helping millions of Candida

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patients around the world. During his life, Dr. Sebi used his method to heal millions of people. His death did not change this. He left a holistic treatment for Candida. You can also get inspiration from his life and his views on several fatal diseases. Aiming to eradicate Candida from the surface of the earth. Get your Copy Today by Scrolling Up and Clicking BUY NOW to get your Copy Today and Transform Your Life and Continue the Movement and Legacy of Dr Sebi the greatest Medicinal Healer the World has ever Known

Alkaline Plant Based Diet is my book The God-Awakening Diet, revised. This new edition titled Alkaline Plant Based Diet is re-branded to better identify what the book is about. It also includes some minor revisions to content for a more user-friendly experience. An alkaline plant based diet is instrumental in

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supporting health and vitality, reversing disease, and protecting the earth's ecosystem. It optimally supports a slightly alkaline pH level in the blood, which is the equilibrium point for the health of all the organs in the body. Consuming acidifying meat, dairy, and processed foods causes the body to rely on buffering systems to keep the blood's pH around 7.4. The body then strips alkaline material from bones and tissues to put into the bloodstream when the buffering systems are overwhelmed. This compromises the health of organs and allows for the proliferation of pathogens and toxins. The global assimilation of the Western diet, which is centered on the consumption of meat, dairy, and processed foods, supports industrial processes that compromise the natural life supporting patterns of the earth's ecosystem, and supports the proliferation of disease in the body and in the earth. Diets centered

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on the consumption of meat, dairy, and processed foods are the catalyst of the inhumane treatment of animals, deforestation, land erosion, depletion of fresh water, and intensified climate change. The mechanisms employed to satisfy the demand for meat, dairy, and processed foods severely compromise the natural patterns that support all life on earth.

The Dr. Sebi diet which is also called the Dr. Sebi alkaline diet is a vegan, plant based diet that restricts man-made food and hybrids. The diet is all about minimizing acidity in your food and mucus in your body. This guide will show you about the Dr. Sebi diet mucus reducing alkaline diet, which involves eating from a proprietary nutritional guide and food list that is based on over 40 years of research, identifying non-hybrid alkaline food.

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DR. SEBI ALKALINE MUCUS BUSTER DIET AND EASY ACTION PLAN FOR FULL-BODY DETOX According to Dr. Sebi, our body is protected from diseases when it is in an alkaline state. Acidic state of the body and excess mucus in the body are the major causes of diseases. Dr. Sebi alkaline diet will help your body detox naturally, cleanse excess mucus, stop body inflammation, cleanse your liver, and help you reverse diabetes. Dr. Sebi Alkaline Mucus Buster Diet will help you cleanse all excess mucus in your body naturally by using Dr Sebi approved herbs and products. You don't need to take medications to remove mucus from your body. Your body does that naturally when it absorbs the right nutrients. This Dr. Sebi Mucus Cleanse is a natural alkaline diet treatment book with rich information on the simple steps you need to prevent

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and clear all excess mucus from your lungs, and other important organs of your body. The foods you eat daily are very important for your health. Some mouthwatering foods can lead to excess mucus production while some healthy foods help to prevent and cleanse excess mucus. What you will get from this book include; The Dr. Sebi Diet Guide Why You Need Dr. Sebi Mucus Removal Diet Possible Health Implications Of Dr. Sebi Mucus Cleanser Diet Everything You Need To Know About Mucus And Your Health Mucus Natural Cleanse - Dr. Sebi's Way Other Possible Liver and Mucus Cleansing Methods Dr. Sebi Approved Vegetables To Prevent And Cleanse Excess Mucus Dr. Sebi Food List Including Vegetables, Fruits, Herbs, Spices, Nuts, Oils, Seeds, Grains, etc. Who needs this book? Anyone that enjoys living a healthy life through a healthy diet. Anyone that wishes to completely detox the



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body organically by eating healthy foods Anyone that wants to cleanse excess mucus, reverse diabetes, prevent cancer, build stronger bones, and/or stop inflammation of the body All naturalists who enjoy eating natural foods. Get your own copy today, eat healthily, and live happily forever!

If you want to improve overall health, remove phlegm and mucus, naturally prevent Herpes and Diabetes, then you are in the right place! This unique diet is called the Doctor Sebi Diet. It is an alkaline plant-based diet that consists of an approved Dr Sebi alkaline food list and a list of Doctor Sebi supplements. This book will be your resource for everything you need to know about this diet and how you can follow it. It will take you through all the wonderful benefits and will give you a step-by-step guide on how to

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make this diet a part of your life. The valuable insights in this book will help you reap all the plentiful benefits of the Dr. Sebi Alkaline diet. Dr. Sebi stated that your body is affected by diseases because of a build-up of mucus in certain areas of your body. As an example, he believed that pneumonia occurs because of mucus build-up in the lungs. His solution was to alkalize your body, because mucus cannot survive in an alkalized state. Throughout his years practicing this unique version of medicine, many skeptics argued that these techniques were not real. However, many people swear by this diet and have gone on to live healthy, happy lives while abiding by the diet's guidelines. In the following introduction chapters of this book, you will know: What is the Doctor Sebi Alkaline Diet? The benefits of the Doctor Sebi Alkaline Diet. The rules and nutritional guide of this diet. The foods that are not

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permitted in this diet. Then you will find 250 decent and complete recipes: Vegetables Grains Salads Snacks Soups and Stews Desserts Smoothies Herbal Tea Staples Believe me, this is your perfect choice. Don't click away. Scroll up, just click the "Buy Now" and get it soon.

Alkaline Herbal Medicine gives insight into many of the herbs used to reverse disease in Dr. Sebi's African Bio Mineral Balance. It covers scientifically supported properties, preparation, doses and dosages, and how to combine herbs. It addresses alkaline foods on the Dr. Sebi nutritional guide, and their chemical affinity with and support of the electric body. The natural order in life designed the body to be healthy and heal under the right conditions. These conditions are programmed into the DNA of Homo sapiens, whose

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base DNA makeup is the African genome. Diets centered on the consumption of natural alkaline plant foods and ample exposure to the sun supported the healthy expression of the African genome. The environment of Africa, and environments similar to Africa, produced life that developed with a complete and balanced electrical structure. The plant life that grew in these environments grew under optimal conditions in nutrient rich soil under year long exposure to the sun. The resulting chemical makeup of these natural alkaline plants protected them from environmental stresses.

Africans originally ate diets centered on the consumption of these plants, like the great apes of Africa, and the programming of the African genome used the protective nature of these plants' nutrients to support its vibrancy. A scientific model supports the idea that Africans migrated out of Africa hundreds of thousands of years ago

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into the less hospitable environments of Europe and Asia. These environments didn't support the healthy expression of the African genome and resulted in the mutation of the gene and the development of the Neanderthal of Europe and Denisovan of East Asia. Science has linked diseases like lupus, Crohn's disease, and type 2 diabetes to the Neanderthal gene. The Neanderthals, who inhabited the Neanderthal caves in Germany, ate a diet centered on the consumption of meat. The combination of their meat-centered diet and adverse relationship with the sun led to the development of dis-ease in the body. Now, the meat-centered diet is being globalized and is spreading disease throughout the world. An alkaline plant-centered diet and the use of alkaline herbal medicine naturally support the healthy expression of the African genome in all people, and reverses chronic disease. Pharmaceutical medicine is

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built on the power of medicinal herbs because around fifty percent of its drugs are derived from herbs. The issue is industry has strategically conditioned people to forget about the healing power of natural alkaline herbs. I dedicate this book in the memory of Alfredo Bowman lovingly known as Dr. Sebi. He helped us to remember that natural alkaline herbs and plant foods support the healthy expression of the African genome that is in all people. He did this by sharing his African Bio Mineral Balance methodology. Categories: herbal remedies, naturopathy, healing, herbs, herbal medicine

The go-to superguide on Dr. Sebi's highly effective cure protocol for obesity and type 2 diabetes! Reverse obesity and type 2 diabetes, naturally, quickly, without medications, pills or surgery! Contains

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delicious Dr. Sebi-approved recipes for main-course-meals (lunch & dinner) and smoothies! Provides sample Dr. Sebi diet daily menu and shopping list for your consideration! Provides practical, step-by-step, instructions! Also, easy to read and understand! DR. SEBI OBESITY AND DIABETES CURE PROTOCOL is an excellent guide to using Dr. Sebi's unique and highly effective cure protocol to reverse and cure obesity and type 2 diabetes, naturally, quickly and without medications, drugs, pills or surgery. This guide explains how you can use Dr. Sebi's alkaline diet, nutritional guide, cell food list and approved herbs to get rid of obesity and type 2 diabetes, easily and quickly. Dr. Sebi's cure protocol for these two diseases produces amazing results. It has helped many people who were written off by conventional medicine to regain the good health back. Testimonials abound! Some people have lost up to 145

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pounds within just 6 months of starting on the Dr. Sebi Obesity cure protocol. Others have reversed their type 2 diabetes within just 3 weeks of the Dr. Sebi Diabetes cure protocol. The point is that Dr. Sebi's cure protocols are extremely effective, pure and simple! Here's what this excellent guide offers: Contains recipes for some really delicious, Dr. Sebi-approved, main course meals (lunch & dinner)! Contains recipes for some delicious and enjoyable, yet wholesome and healthful, Dr. Sebi-approved, smoothies! Provides a sample Dr. Sebi diet daily menu for your consideration! Explains the challenges and shortcomings of obesity and type 2 diabetes treatment in conventional, Western medicine! Explains the science-backed principles that support the Dr. Sebi cure protocol for obesity, weight loss and type 2 diabetes! Provides a step-by-step guide on how you should go about implementing the Dr. Sebi cure



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protocol for obesity and type 2 diabetes! Provides Dr. Sebi-approved cell food list and nutritional guide - foods you can eat! Provides Dr. Sebi's approved herb list - herbs you should take from time to time! Provides Dr. Sebi's list of foods to avoid - these foods are dangerous and not good for you ... don't eat! Provides the Dr. Sebi-approved diet rules! This guide is easy to read and understand! And much more! This is an excellent and highly-recommended guidebook on Dr. Sebi's cure protocol for obesity and type 2 diabetes. Get it right now, while you can! **BUY THIS BOOK NOW!**

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