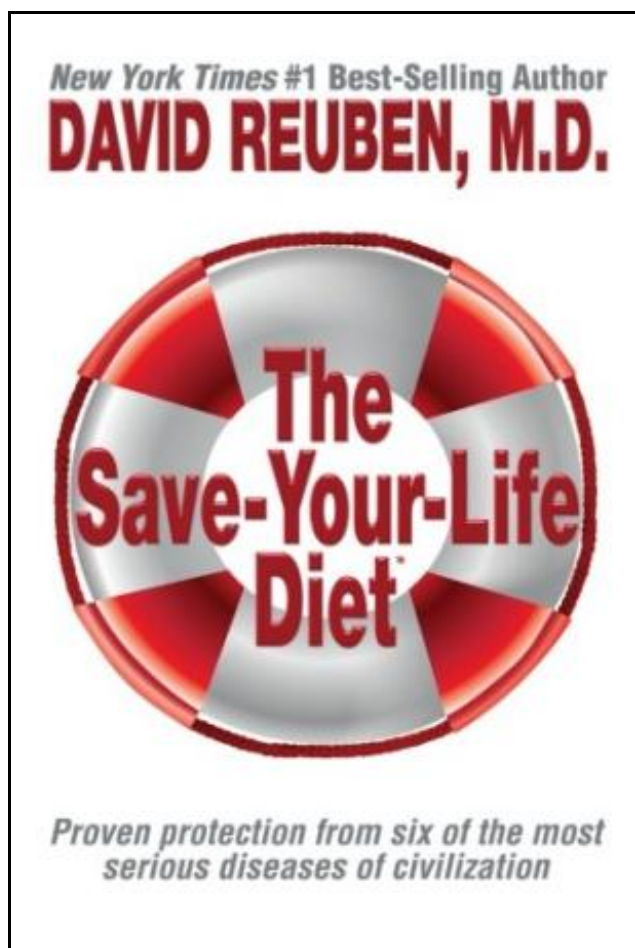


The Save-Your-Life Diet: Proven Protection from Six of the Most Serious Diseases of Civilization



Filesize: 8.52 MB

Reviews

This pdf is fantastic. It really is basic but shocks inside the 50 % in the pdf. I realized this pdf from my i and dad encouraged this pdf to discover.

(Hunter Witting)

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

[DOWNLOAD](#)

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 PDFs



Daddyteller: How to Be a Hero to Your Kids and Teach Them What s Really by Telling Them One Simple Story at a Time

Createspace, United States, 2013. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.You have the power, Dad, to influence and educate your child. You can...

[Save Document »](#)



Your Pregnancy for the Father to Be Everything You Need to Know about Pregnancy Childbirth and Getting Ready for Your New Baby by Judith Schuler and Glade B Curtis 2003 Paperback

Book Condition: Brand New. Book Condition: Brand New.

[Save Document »](#)



Becoming Barenaked: Leaving a Six Figure Career, Selling All of Our Crap, Pulling the Kids Out of School, and Buying an RV We Hit the Road in Search Our Own American Dream. Redefining What It Meant to Be a Family in America.

Createspace, United States, 2015. Paperback. Book Condition: New. 258 x 208 mm. Language: English . Brand New Book ***** Print on Demand *****.This isn t porn. Everyone always asks and some of our family thinks...

[Save Document »](#)



Weebies Family Halloween Night English Language: English Language British Full Colour

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and...

[Save Document »](#)



Too Old for Motor Racing: A Short Story in Case I Didnt Live Long Enough to Finish Writing a Longer One

Balboa Press. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.We all have dreams of what we want to do and who we want to become. Many of us eventually decide...

[Save Document »](#)