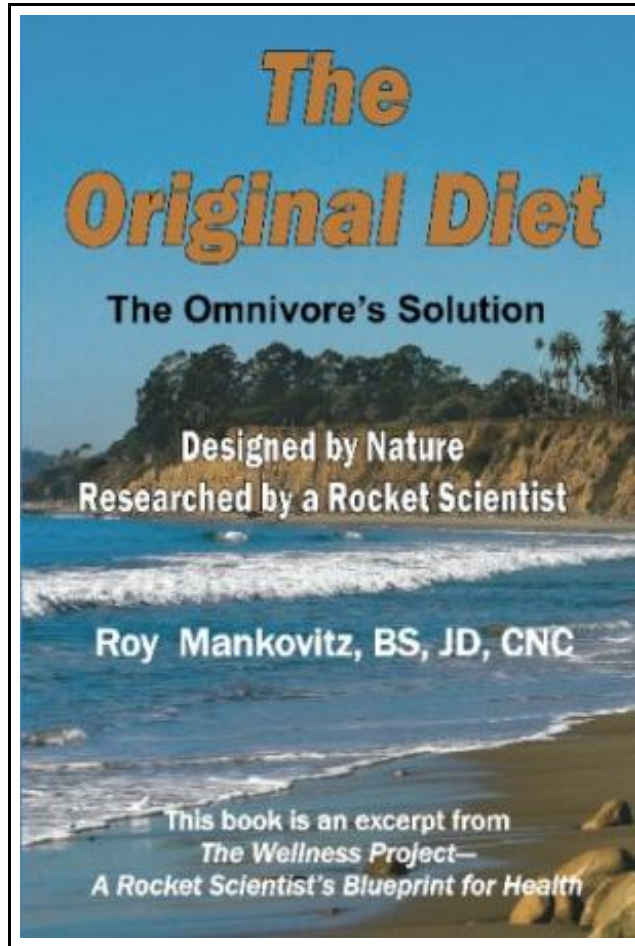


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*This book is indeed gripping and interesting. It really is rally exciting throgh studying period. Its been written in an extremely easy way and is particularly merely soon after i finished reading this book through which in fact changed me, affect the way i think.*

***(Aisha Lemke)***

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Montecito Wellness LLC, United States, 2009. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The author is a Columbia University graduate who designed spacecraft for NASA. He is also an inventor, lawyer, entrepreneur, and holistic health practitioner who embarked on a twenty year research project to determine how the human body could remain healthy for the longest possible time. If you are interested in learning his results in the area of nutrition, read The Original Diet- The Omnivore s Solution, which is an excerpt of the diet portion of his previously published book, The Wellness Project - A Rocket Scientist s Blueprint for Health. You do not need a background in science to understand this book because it is based on a principle that is rarely found in the health community: common sense. The dietary results of his research are quite startling, and look nothing like what the health community would have us believe. He uses nature as a guide, with more than 150 references. The Original Diet is a real eye-opener, does not resemble any of the other diets in print, and yet is backed by the largest clinical study in the history of humanity. You will learn about the one diet that works for all human beings and is nature s solution to an omnivore s dilemma.



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