

The Pritikin Program For Diet Exercise

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Treating Multiple Sclerosis with the Swank MS Diet

February 16th, 2019 - A plant based diet may not only be the safest treatment for multiple sclerosis it may also be the most effective

Reversing Diabetes with Food NutritionFacts org

March 2nd, 2016 - Doctor s Note In Reversing Diabetes with Surgery I discussed how type 2 diabetes can be reversed with an extremely low calorie diet And as Iâ€™ve just shown type 2 diabetes can also be reversed with an extremely healthy dietâ€™but is that because it is also low in calories

The China Study Myth The Weston A Price Foundation

February 16th, 2019 - Flaws in the Vegan Bible The year 2006 marked an event that rocked the world of nutrition as well as the walls of Whole Foods the release of The China Study by T Colin Campbell Printed by a small publishing company known for other scientific masterpieces such as The Psychology of the Simpsons and You Do Not Talk About Fight Club Campbellâ€™s book quickly hit the word of mouth circuit

Controlling the Dawn Phenomenon Diabetes Developments

December 8th, 2007 - One of our most stubborn challenges is to control the dawn phenomenon Thatâ€™s when our fasting blood glucose readings in the morning are higher than when we went to bed The dawn phenomenon is a normal physiological process where certain hormones in our body work to raise blood glucose levels before we wake up as we wrote in The New Glucose Revolution What Makes My Blood Glucose Go Up

Fat Flush Water â€™ Does it Work Fat Flush

February 16th, 2019 - Youâ€™ve seen Fat Flush Water all over the web but does it really get results Over 25 years ago the Fat Flush concept was introduced by creator Ann Louise Gittleman in her first book Beyond Pritikin with the Two Week Fat Flush

Proteinaholic Is it Time to Sober Up From Animal Foods

February 17th, 2019 - NOTE This was originally supposed to be a guest post for Kris Gunnars Authority Nutrition website but in true Denise Minger fashion the word count got out of control and we decided to dock it here instead Voila Just pretend you re reading this on a blog far far away and that for once in my life â€¦

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