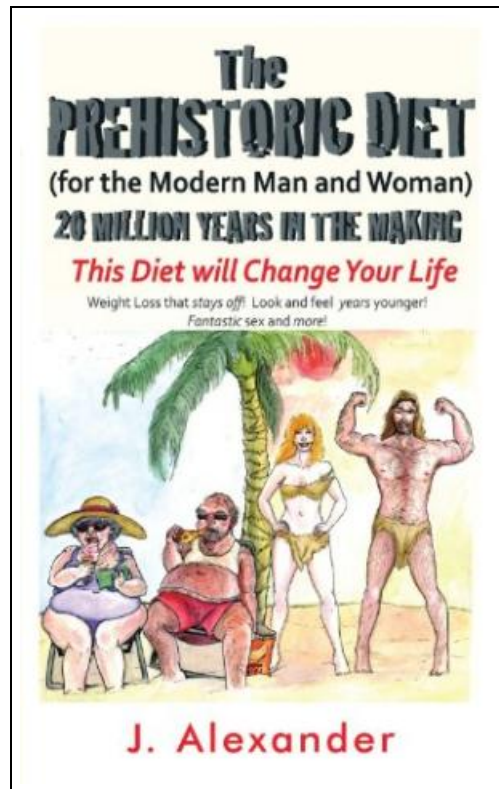


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Reviews

This publication may be really worth a go through, and a lot better than other. It really is full of knowledge and wisdom Its been printed in an exceptionally easy way in fact it is simply after i finished reading this publication by which basically modified me, affect the way i really believe.

(Troy Dietrich DDS)

THE PREHISTORIC DIET: FOR THE MODERN MAN AND WOMAN (PAPERBACK)



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Trafford Publishing, Canada, 2009. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.J. Alexander was an overweight child with severe allergies and insecurities because of his weight. He spent years perfecting a diet with miraculous results, became trim, and conquered his allergies changing his life forever. The Prehistoric Diet shares his secrets of how he lost weight without diet pills, expensive gyms, diet foods or plans, and complicated surgeries. J. Alexander, one of the first health food store entrepreneurs in Boston, grew up in an era where diets were composed primarily of meats, mashed potatoes, Chinese food from a can, and white bread. He tells the poignant story of how he journeyed from a chubby, unhappy, and unaccepted child to a lean, healthy man through conscious eating of good, natural, unadulterated food. While sharing delicious recipes, nutritional information, and information on what foods to avoid, J. Alexander teaches others how to: Look and feel years younger Enjoy a revived sex life Never be hungry Feel energetic and build self-esteem Through the guidance from our prehistoric ancestors nearly twenty million years ago, J. Alexander leads others on a phenomenal journey to good health and a wonderful life. Isn't it time for you to take back control of your body?.



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