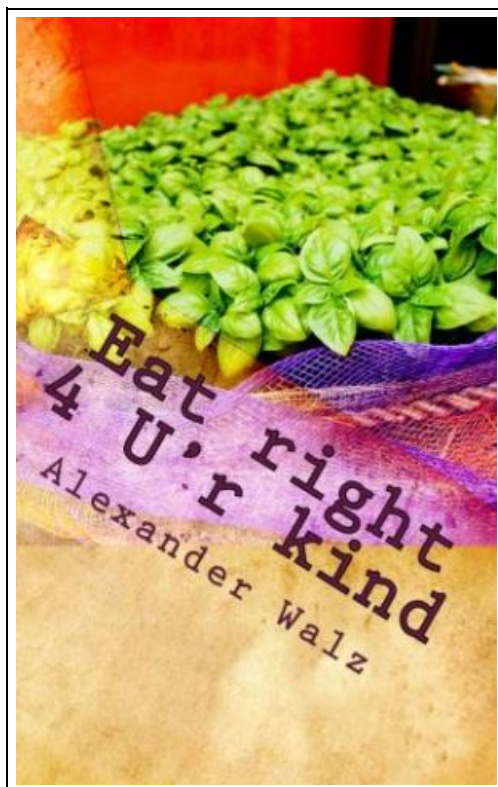


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Createspace, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Alexander Walz described in this volume how he discovered the mother of all diets for the animal species - human being. At age 38 he got diagnosed with an autoimmune disease (Multiple sclerosis) and through observation over the following years, he became convinced that diet is the most influential component of his condition. He went through months of elimination diets and reintroduction of food components, observed and recorded resulting physical reactions, until one day, everything just fell into place and he understood why millions of people in the world are suffering from so-called modern diseases. If you are battling with overweight, underweight, are tired, nervous, hyperactive, lethargic, disease ridden or just not well in general, chances are, this book might make a difference for you. Please be aware that all content is the personal opinion of the author. As he outlines, he is not a doctor nor a wonder - healer but an accomplished chef, forced to study in order to understand and trying to convey to his fellow mankind his findings which he believes will make a contribution to the health of millions of people.

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