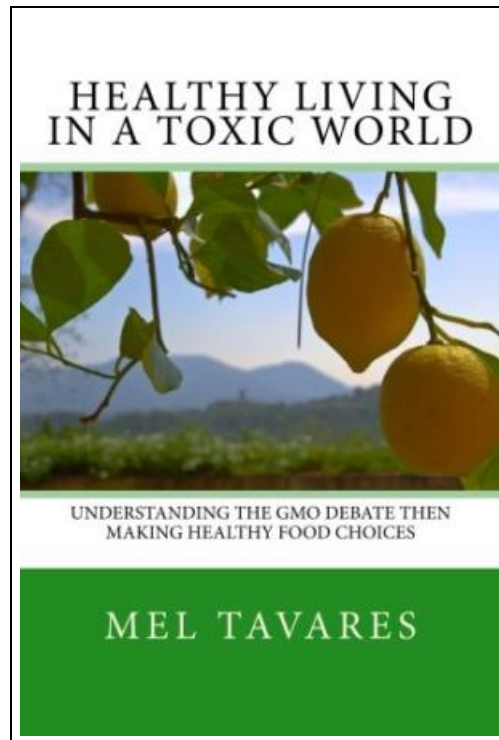


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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.I am not skinny. There. That is out in the open. I am also not a marathon runner. I don t have a degree in nutrition. I am just an ordinary person, who did extensive research in an effort to figure out how to live healthy in this toxic world. I did not set out to write a book on the topic of healthy eating and living. I set out on this journey, in search of answers to why my own health was so poor and declining by the month. I grew up living rural. I have a degree in Horticulture/Agriculture, which I used professionally and personally. I was even certified to use Round-Up for the commercial and personal farming I did. In doing so I unwittingly contributed to the whole GMO nightmare. I was uneducated, as it turns out. Once I began researching for answers to my own issues, I was stunned. While this book is by no means an exhaustive book on the topic, it contains truth and insight regarding our toxic world and how to stay healthy while living in it. The truths within this book are applicable to people in every country around the world. It crosses all ethnic and socio-economic barriers and gives bottom line information to the reader. As I said, I have taken hundreds of hours to synthesize several hundred books and sites I have read. While the book may seem short and simplistic, the research behind it is anything but simplistic. Balance is the keyword. I am giving you the information, but realize that it would be a quantum leap for many to go from where you are now to...



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