

dead end diets dont pdf

Katrina Schroeder, a nutritionist for adolescents, explains how teens get fooled into thinking a fad diet is good, only to find out that it has bad health consequences. She warns teens, "don't get trapped by all the hype!" and gives tips for healthy food prep and healthy eating habits.

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Dead End Diets: Why Fad Diets Don't Work - McIntyre Media

Why do drugs cause so many adverse effects This book shows you how drugs work in the body and gives you safe and effective natural alternatives to drugs, including 1 Diet Modifications 2 Bioidentical, Natural Hormones 3 Herbs 4 Minerals 5 Vitamins 6 And much, much In this book Dr David Brownstein gives us example after example of the dead end ...

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