

Trick And Treat - How 'healthy Eating' Is Making Us Ill
By Barry Groves

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Trick and Treat: How "Healthy Eating" Is Making Us Ill (Barry Groves, Ph.D.) Reviewed by Joel M. Kauffman, Ph.D. Stealing from Each Other: How the Welfare

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What it is about is how to create a sustainable way of eating healthy that you can optimal glucose levels while at the same time making you feel full longer. of your diet is a dramatic change so you need to treat it like building a habit. cheese croissant once in a while (Yes, I'm an American-Canadian).

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I hope that helps. best wishes. Barry Groves, PhD. Author: Trick and Treat: how 'healthy eating' is making us ill. Natural Health and Weight Loss

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