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(Chapter 1)

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Supplements to
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Prevent Illness *Multiple*

Sclerosis and

Autoimmune Diseases:

The Impact of Diet -

John McDougall, MD

Prof. Robert Lustig -

**'The three faces of
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Krause's Food,

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Dr. Michael Greger:

\\"How Not To Diet\\" |

Evidence Based Weight

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*Approaches Nutrition
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the food you eat affects
your brain - Mia

Nacamulli *What are the*

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symptoms of

Parkinson's Disease? -
Ask the Experts

WHAT I EAT IN A
DAY (to maintain my
50 pound weight loss
for over 5 years)

EPISODE 36 -

WEIGHT LOSS

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I EAT IN A DAY

~~Adventist Health~~

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~~Introduction to Nutrition~~

~~part 01 Change Your~~

~~Diet, Change Your Life:~~

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~~Revolution Are You~~

~~Bloated? This May Be~~

~~the Cause...~~

Chronic Fatigue

Syndrome Recovery

Options **what the**

FRICK is fiber

Nutrition Diet Therapy

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Foreword **FOODS AND NUTRITION** are

essential for maintaining good health and to prevent disease.

Although food occupies the first position in the hierarchical needs of man, ignorance of many basic facts relating to foods and nutrition is still widespread. Read :

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Nutrition in Human

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Health . Dietary

guidelines are intended to: Apply to the food intake for a single day; Apply to items to be ingested for one meal; Apply to people who are ill; Aid in preventing chronic and degenerative diseases .

Ans: 4

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