



The Hidden Truth about Diet and Nutrition: What the Experts and Science Reveal about Diet (The Wellness Solution Book 6)

Daniel Lonquist, Greg Haitz

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In the sixth book of our Wellness Solution Series, The Hidden Truth about Diet and Nutrition, we look at what is meant by a good diet and some of the conflicting information surrounding diets. We will take a look at what we should be eating and not eating and the research behind our recommendations. After reading this book you will better understand why Hippocrates said “Let food be your medicine and medicine be your food.”

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