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Life Without Bread How a Low-Carbohydrate Diet Can Save Your Life, Christian B. Allan, Christian Allen, Wolfgang Lutz, 2000, Health & Fitness, 240 pages. Based on more than 40 years of clinical research, this illuminating book unravels the mysteries of nutrition and shows how a low-carbohydrate/high protein diet can help prevent.

Empty harvest understanding the link between our food, our immunity, and our planet, Bernard Jensen, Mark Anderson, 1990, Health & Fitness, 188 pages. .

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