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# Your Poisoned Plate: Why you are fat, sick and tired

*Allan P. Frank*

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# Your Poisoned Plate: Why you are fat, sick and tired

*Allan P. Frank*

**Your Poisoned Plate: Why you are fat, sick and tired** Allan P. Frank
Your Poisoned Plate tells you WHY you are fat, sick and tired but more importantly tells you HOW you can take back your health simply without any special gimmicks or pills. Written by a physician concerned that normal people have not received the research necessary to make informed choices about their food, Your Poisoned Plate explains why you food is causing your problems, why your food is NOT what you think it is, and how your food has been changed by science into something your body cannot digest and stay healthy. Patients who follow this advice have cured their chronic medical disease and reduced or eliminated their medications.

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Your Poisoned Plate: Why you are fat, sick and tired can be one of your starter books that are good idea. All of us recommend that straight away because this reserve has good vocabulary that may increase your knowledge in terminology, easy to understand, bit entertaining but nevertheless delivering the information. The writer giving his/her effort to place every word into enjoyment arrangement in writing Your Poisoned Plate: Why you are fat, sick and tired yet doesn't forget the main position, giving the reader the hottest and also based confirm resource info that maybe you can be among it. This great information may drawn you into fresh stage of crucial pondering.

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