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By By (author) Beverley Southam

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0 of 1 review helpful Well intentioned but not realistic for most people By Pat I enjoyed reading this book and in

essence I agree with most of the main message If more of the population resorted back to eating whole organic unprocessed foods a lot of diseases depression obesity and possibly even autism would decrease greatly However it s a very restrictive diet plan and for some reason organic meat and eggs are ACTA Legationis Helveticae AB Anno 1723 Ad 1729 V2 AB Emo AC Rmo Dno Dominico 1738

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