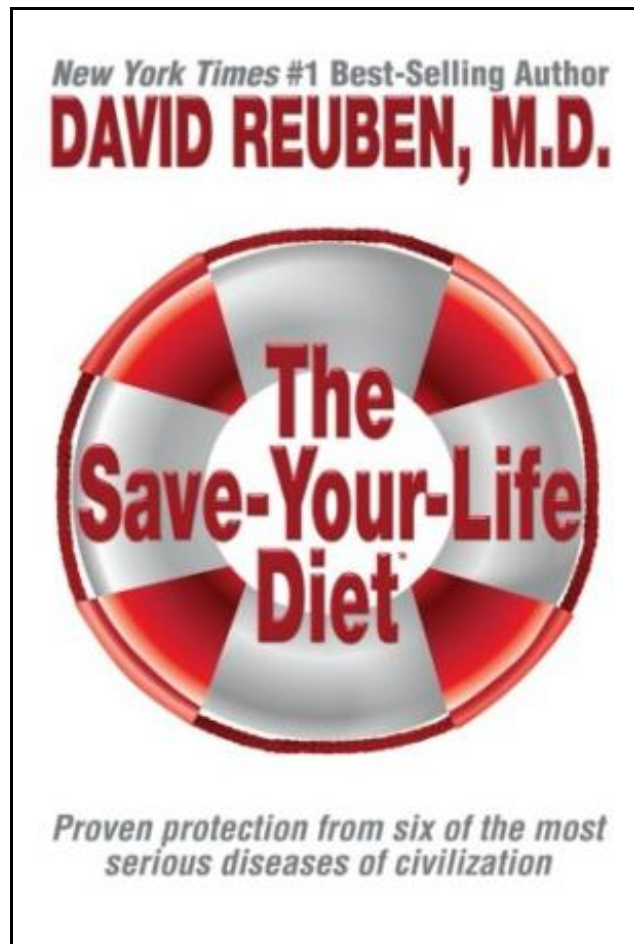


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Reviews

An extremely great ebook with lucid and perfect explanations. It is full of knowledge and wisdom Its been printed in an exceedingly straightforward way in fact it is merely right after i finished reading through this publication by which really transformed me, alter the way i believe.
(Spencer Fritsch)

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Createspace, United States, 2014. Paperback. Book Condition: New. Revised. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Best-selling author, David Reuben. M.D., tells you the one simple change you can make in your diet that will give you medically-proven protection against colon and rectal cancer, heart attacks, appendicitis, diverticulosis, hemorrhoids, constipation and other diseases of civilization. This book guides you step-by-step in the easy and appetizing process of making your diet your shield against the disease. In this history-making explanation of the high-fiber diet, Dr. Reuben has brought good health and long life to millions of Americans. For decades Medical Science was puzzled by the fact that Black Africans seemed to be immune from cancer of the colon and heart attacks.and several other terrible diseases. They almost never came down with either of these 2 killer diseases. Among Black Africans hardly anyone gets colon cancer.much less dies from it. But in the U.S. 140,000 people get colon cancer every year - and 50,000 of them die from it. Among Black Africans hardly anyone gets a heart attack.much less dies from it. Every year 720,000 Americans have a heart attack and 380,000 of them die. What s the difference? For centuries, no one knew. But about 50 years ago two brilliant English physicians made an amazing discovery. They realized that there was one tiny overlooked difference between the African diet and the American/European. One single apparently insignificant ingredient was sparing the lives of the Africans and killing millions of Americans and Europeans. That ingredient - with a cost so low it could hardly be measured - was dietary fiber! Black Africans living in the villages consumed a diet with large amounts of roughage or dietary fiber. They ate things like beans, corn meal, bananas, potatoes,...



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