



The Sugar Control Bible and Cookbook: The Complete Nutrition Guide to Revitalizing Your Health

Dr. Jacqueline Paltis

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Complete nutrition guide to a pleasurable and satisfying program that revitalizes your health by getting you off the sugar/refined foods roller coaster. This prescription for health uses higher protein, low glycemic foods and healthy fats for greater energy, clearer thinking, balanced emotions, and a stronger immune system. How the popular high-carbohydrate/low-fat diets have been making you sick and what to do about it.

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Robert Carlson:

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