



THE EVOLUTION DIET : What and How We Were Designed to Eat

By Morse, Robert (Editor)

Code Publishing, U.S.A., 2006. Soft Cover. Book Condition: NEW. First Edition, First Thus. BRAND NEW COPY. Paperback. Monograph. Referencer & resource. Refreshing approach to healthy diets less preoccupation to loosing weight, and/or disease. A Consistant plan for eating reference to what the human body designed to eat. 10 chapters, concluding with 50 guide-line recipes & Glossary: 1, The Evolution Diet; 2, The Way we Evolved; 3, The Cultureless Diet; 4, The Body's Chemistry; 5, Now We're Ready to Get Started!; 6, A Sample Diet; 7, Other Factors; 8, What You'll Get in Return; and 9, Everything Else.



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