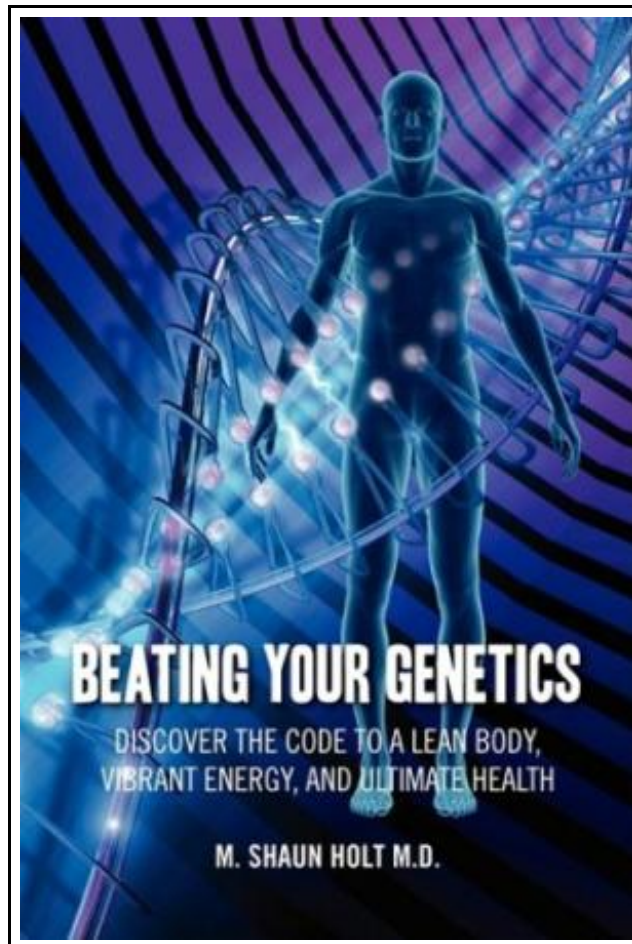


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Outskirts Press, United States, 2008. Paperback. Book Condition: New. 229 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.The truth is most of the food we eat is killing us. Bad genetics is not necessarily the problem. So don't buy into the dogma that just because a certain disease or health issue runs in your family, you can't do anything about your risk. In today's fast-paced world we have shifted into high gear in our consumption of refined carbohydrates, saturated fats, trans-fatty acids, and sodium. In essence we have turned ourselves into fat-storing machines, and the epidemic rates of adult and childhood obesity, Type 2 diabetes, heart disease, cancer, high blood pressure, and premature aging are the unhappy result. The truth is that the plethora of starches, sugars, chemical food additives, and preservatives in our food are wreaking havoc on our body's immune system, hormonal balance, and central nervous system. In *Beating Your Genetics*, M. Shaun Holt M.D. shows you how to achieve optimal health - for life. You'll discover: - Why most doctors look for answers from the pharmaceutical industry - Which types of foods you must learn to avoid - How to combine foods for optimal success - How your body works and the role of various nutrients - The healing power of food - How to exercise and keep yourself lean and healthy I cannot be emphatic enough in saying that many of our health problems can be corrected nutritionally. If you follow the principles in this book, you will naturally lose weight. As you lose weight and eat the way you were designed to, you will start to gain control of your other health problems as well.



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