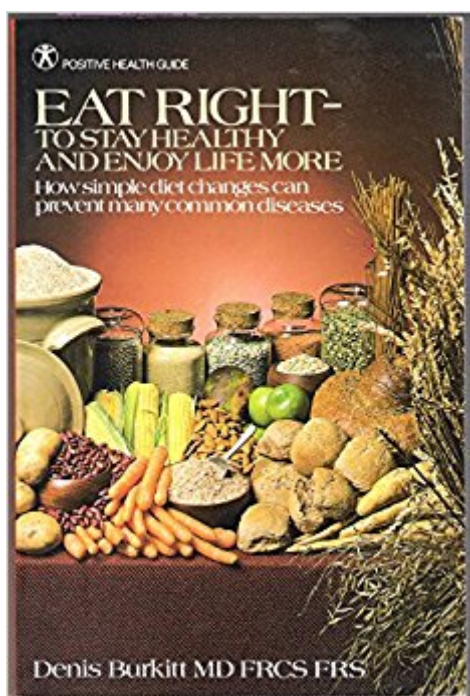


The book was found

Eat Right-To Stay Healthy And Enjoy Life More: How Simple Diet Changes Can Prevent Many Common Diseases



Synopsis

Great resource.

Book Information

Paperback

Publisher: Arco Pub (January 1980)

Language: English

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Average Customer Review: 5.0 out of 5 stars 5 customer reviews

Best Sellers Rank: #1,501,590 in Books (See Top 100 in Books) #85 in Books > Health, Fitness & Dieting > Nutrition > Fiber

Customer Reviews

Great resource.

This book explains in a simple, easy-to-understand format the underlying causes of disease in our culture. People in medicine and our government spend billions and billions of dollars trying to find a cure for the different diseases in our culture. The money is working on the cure not the prevention. As always people are working on the wrong end of the problem. When you read this book you can understand that the two most detrimental parts of our daily diets are: Too much sugar and not enough fiber.

great value excellent information

This book is by Denis Parsons Burkitt, who is an expert on fiber in our diets ----just purchased it and was happy to find it is still out there ---this was recommended reading to me.

Very informative book. I enjoyed reading it and I learned many new things about nutrition.

Burkitt's research is understandable and believable.

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