

[James D. Carlson] Genocide: How Your Doctor's Dietary Ignorance Will Kill You!!!! Read Online eBook or Kindle ePUB

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5 mins ago - Genocide: How Your Doctor's Dietary Ignorance Will Kill You!!!! book has been released since 2013-07-28. Genocide: How Your Doctor's Dietary Ignorance Will Kill You!!!! are written by James D. Carlson and it has 304 of pages on paperback.

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Synopsis Books:

Setting the record straight once and for all, Genocide: How Your Doctor's Dietary Ignorance Will Kill You!!!! by Dr. James E. Carlson breaks the chains of ignorance when it comes to dieting and staying healthy. Concern for his patients led this medical doctor to unveil common misconceptions regarding carbohydrates, fat, proteins, sugars and cholesterol that are perpetrated and perpetuated by the medical community. Regrettably, with the advice of doctors millions of Americans are eating themselves into an early grave. Now, avoiding a priori reasoning, readers are able to draw their own conclusions on what lifestyle is best for them and how to initiate the most sensible diet possible. Take back your life-the fact is that low fat, low cholesterol diets are dangerous. With humor, wit and a good dose of common sense, this guide shows readers that a diet with daily sources of fat, cholesterol and protein is effective in treating disease.

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