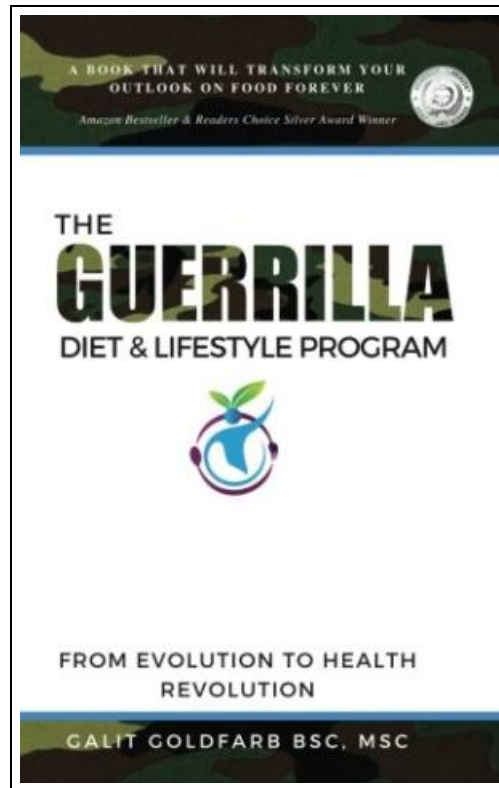


## The Guerrilla Diet Lifestyle Program: From Evolution to Health Revolution (Paperback)



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## THE GUERRILLA DIET LIFESTYLE PROGRAM: FROM EVOLUTION TO HEALTH REVOLUTION (PAPERBACK)



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Predicted Achievement, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Based on the author's personal journey in search of the ideal diet for human consumption following her suffering from cancer, weight issues, eating disorders and raising her two mentally challenged daughters with epilepsy which led her to study for three university degrees in the fields of medicine, nutrition, biochemistry, immunology and human behavioral science as well as countless diplomas in alternative medicine and therapies. The Guerrilla Diet and Lifestyle Program is based on her research, unbiased facts and over 20 years of clinical experience in search of the healthiest diet for human consumption. This book holds the secret to the ideal diet for humans which the food industry has been trying to hide from us. In fact, this diet is not really a diet, but rather a total lifestyle program backed by solid scientific evidence from many different scientific fields combined, including genetics, evolutionary science, anthropology, zoology, medicine, and nutritional sciences. This book holds the knowledge and step by step guidelines to apply the ideal diet for human consumption along with precise lifestyle habit changing plans to support you on your path to optimal health, vitality, and longevity. Kirkus review: A diet and lifestyle guide based on evolutionary science. At the age of 16, Goldfarb (The 6 Principle Strategy for Creating a Successful Happy Life, 2015, etc.) became obsessed with finding the perfect diet. At the time, she struggled with eating disorders, and as an adult, she faced two bouts of cancer. She now has multiple degrees in nutrition and medical science, and here, she analyzes the similarities between humans and gorillas to explore the diet that restored her health. She divides the guide into two sections: the first traces evolutionary evidence of...



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