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 One Should Eat To Live - Not Live To Eat. Moliere's quote from the "Miser" For most people, eating primarily involves soothing and healing the emotional, mental body's, and nutritionally feeding the physical body a variety of necessary

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This is the book that everyone should read if you want the best of health and a long life. This book doesn't talk about fad diets. This is about a lifestyle. I live what's taught in it and found everything to be 100% correct. Today's scientists have also proven what's contained therein. Eat to live and not to die!

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