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DIGESTION, PROMOTE WEIGHTLOSS, & ENERGIZE
& STRENGTHEN YOUR ENTIRE BODY.**

PROTEINS AND STARCHES EATEN TOGETHER WILL SPOIL IN THE STOMACH



**EAT FRUIT BY ITSELF ON AN EMPTY STOMACH
LET 20 -30 MINUTES PASS AFTER EATING FRUIT BEFORE EATING OTHER FOODS**

Adapted from the book 'Fit For Life' by Harvey and Marilyn Diamond
Eden Publishing 1985

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Fit For Life Diamond

KJ Lindholm-Leary



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