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## Gillian Mckeiths Food Bible How To Use Food To Cure What Ails You

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diseases, from arthritis to  
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## You

Gillian McKeith's Food Bible: How to Use Food to Cure What ...

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Gillian McKeith's Food Bible - Diet Review  
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diseases, from arthritis to  
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example: · Almonds can assist in  
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McKeith advocates a pescetarian  
diet high in fruits and vegetables,  
grains, beans, nuts, and tofu, and

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the avoidance of processed and high-calorie foods, sugar and fat, red meat, alcohol, caffeine, white flour, and additives.

Gillian McKeith - Wikipedia

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About Gillian McKeith's Food Bible. From the author of the 2-million- copy international bestseller You Are What You Eat comes the essential guide to

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health and nutrition. The celebrated clinical nutritionist, author of the internationally bestselling *You Are What You Eat*, and host of the BBC America show of the same name offers a comprehensive and fully illustrated guide to the health effects, uses, and benefits of the foods we eat and how nutrition affects our general health, aging ...

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