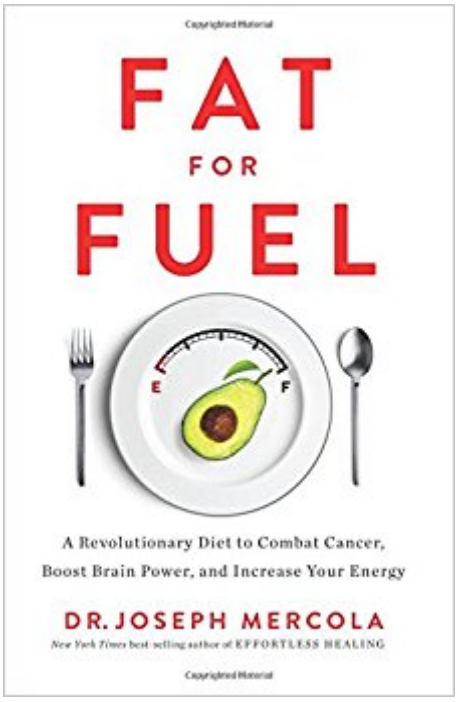
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Fat For Fuel: A Revolutionary Diet To Combat Cancer, Boost Brain Power, And Increase Your Energy



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Synopsis

For over a century, weÃ¢â ¬â„¢ve accepted the scientific consensus that cancer results from genetic disease due to chromosomal damage in cell nuclei. But what if cancer isnÃ¢â ¬â„¢t a genetic disease after all? What if scientists are chasing a flawed paradigm, and cancer isnÃ¢â ¬â„¢t a disease of damaged DNA but rather ofÃ Â defective metabolism as a result of mitochondrial dysfunction? What if that startling truth could revolutionize our understanding of other diseases as wellÃ¢â ¬â •and show us a radical new path to optimal health?In this groundbreaking guide, the first of its kind,Ã Â New York TimesÃ Â best-selling author and leading natural-health practitioner Joseph Mercola explains how nearly all disease is caused by defective metabolic processes. Then he reveals whatÃ¢â ¬â„¢s really causing your metabolism to go haywire: damage and dysfunction in the mitochondria, thousands of which are at work in nearly every cell in your body, generating 90 percent of the energy you need to stay alive and well. When mitochondria become damaged in large numbers, it is impossible to stay healthy.Dr. Mercola shows you that you can take control of your health simply by giving your body the proper fuelÃ¢â ¬â •and itÃ¢â ¬â„¢s not what youÃ¢â ¬â„¢ve likely been led to believe. AÃ Â ketogenicÃ Â diet, very low in carbohydrates and high in healthy fats, is the way to optimize the biochemical pathways that suppress disease and support healing. And the benefits can be astonishingÃ¢â ¬â •not only in treating or preventing serious illness, but in boosting your brainpower, increasing your energy, helping you lose weight and keep it off, and much more.As you read this book, youÃ¢â ¬â„¢ll learn in clear, rational terms how your body works at a molecular level. YouÃ¢â ¬â„¢ll finally understand the type of fuel itÃ¢â ¬â„¢s designed to burn in the most efficient way possible. YouÃ¢â ¬â„¢ll find detailed guidelines for starting and sticking with a ketogenic eating plan. And you wonÃ¢â ¬â„¢t have to wait a decade or two for metabolic mitochondrial therapy to make its way into the mainstream. You can build a healthier body and brain at the cutting edge of this exciting new discipline, starting right now.

Book Information

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Customer Reviews

Ã¢â ¬Å“Dr. Joseph Mercola has been a shining beacon of health wisdom and freedom for decades. His latest book,Ã Â Fat for Fuel, is a masterpiece of cutting-edge research and practical application. This information, if applied, holds the key to sustainable weight loss and enhanced energy. More than that, this lifestyle plan can help reverse chronic illness such as heart disease, diabetes, and even cancer.Ã¢â ¬Â•Ã¢â ¬â •Ã Â Christiane Northrup, M.D.,Ã Â New York TimesÃ Â best-selling author ofÃ Â WomenÃ¢â ¬â„¢s Bodies, WomenÃ¢â ¬â„¢s WisdomÃ Â andÃ Â Goddesses Never AgeÃ¢â ¬Å“I truly believe that the concept of Mitochondrial Metabolic Therapy will have significant impact on health. As I mentioned in my book, cancer is not likely to occur in people with healthy mitochondria. Dr. Mercola has expanded this concept to a broad range of chronic diseases that involve mitochondrial dysfunction. He provides a clear rationale as well as guidelines for implementation of MMT. This book should be read by anyone interested in maintaining their health without toxic pharmaceuticals.Ã¢â ¬Â•Ã¢â ¬â •Ã Â Thomas Seyfried, Ph.D., author ofÃ Â Cancer as a Metabolic DiseaseÃ Â and professor of biology at Boston CollegeÃ¢â ¬Å“Dr. MercolaÃ¢â ¬â„¢sÃ Â Fat for FuelÃ Â eloquently presents the leading edge of science, exploring how best to power your body. This is a life-changing text that not only provides a deep dive into why choosing fat as our primary fuel source powerfully correlates with health and disease resistance, but also delivers in terms of how the reader can easily bring about this fundamentally important change. Health, on a global scale, has suffered profoundly as a consequence of commercially influenced dietary recommendations. MercolaÃ¢â ¬â„¢s science-based refutation of this status quo provides a welcome and compassionate response, allowing readers to regain and maintain optimal health.Ã¢â ¬Â•Ã¢â ¬â •Ã Â David Perlmutter, M.D., F.A.C.N., board-certified neurologist and author of the #1Ã Â New York TimesÃ Â bestsellerÃ Â Grain BrainÃ Â andÃ Â The Grain Brain Whole Life PlanÃ¢â ¬Å“This remarkable book presents a truly revolutionary program that can help millions of people achieve optimal health. Dr. Mercola clearly explains the importance of mitochondria for metabolic function and carefully guides his readers with detailed practical advice

for enhancing their activity.Ã Â Fat for FuelÃ Â will change the way you think about nutrition and your health.Ã¢â ¬Â•Ã¢â ¬â •Ã Â Leo Galland, M.D., author ofÃ Â The Allergy SolutionÃ¢â ¬Å“InÃ Â Fat for Fuel, Dr. Mercola beautifully lays out the historyÃ¢â ¬â •and the mythsÃ¢â ¬â •behind the high-carbohydrate, low-fat diet that has been at the root of so much illness and death in the last half-century. Dr. Mercola is one of the few who have properly understood and embraced my long-standing belief that oneÃ¢â ¬â„¢s health and lifespan is mostly determined by the proportion of fat versus sugar one burns over a lifetime. He also understands that excess protein creates another whole set of health-eroding issues. Anyone who values their health should read this book.Ã¢â ¬Â•Ã¢â ¬â •Ã Â Ron Rosedale, M.D.Ã¢â ¬Å“The world of nutrition is more confusing than ever. But one thing has become increasingly evident over the past decade: teaching our bodies to use fat instead of glucose as the main fuel source has immense potential to support patients suffering from some of the most devastating chronic diseases. Dr. MercolaÃ¢â ¬â„¢sÃ Â Fat for FuelÃ Â will be an invaluable resource for me in two ways: personally, because IÃ¢â ¬â„¢m a cancer patient myself striving to create an environment that will keep my disease at bay, but also professionally as a nutritional therapist.Ã Â Fat for FuelÃ Â will help me inform, educate, and guide my clients.Ã¢â ¬Â•Ã¢â ¬â •Ã Â Patricia Daly, dipNT, mNTOI, mBANTÃ¢â ¬Å“Fat for FuelÃ Â is another fact-based, insightful book by the visionary Joseph Mercola that will not just change your life, but could literally save it. Dr. Mercola understands how food can preserve wellness or destroy it. Boldly challenging old myths about fat, diet,and healing, he gives practical, step-by-step instructions that will empower you to take control of your health whether you are sick and want to get well, or are healthy and want to stay well.Ã¢â ¬Â•Ã¢â ¬â •Ã Â Barbara Loe Fisher, co-founder, National Vaccine Information CenterÃ¢â ¬Å“Fat for FuelÃ Â is required reading for anyone wishing to radically and expeditiously address a current health crisis and also for those of us seeking to ameliorate genetic predispositions as we age.Ã¢â ¬Â•Ã¢â ¬â •Ã Â Karen Becker, D.V.M.Ã¢â ¬Å“Dr. MercolaÃ¢â ¬â„¢s lifetime of research reaches a crescendo withÃ Â Fat for Fuel. Every page is a distillation of his genuine passion to optimize human health through diet.Ã¢â ¬Â•Ã¢â ¬â •Ã Â Travis Christofferson, author ofÃ Â Tripping over the Truth: How the Metabolic Theory of Cancer Is Overturning One of MedicineÃ¢â ¬â„¢s Most Entrenched ParadigmsÃ¢â ¬Å“Fat for FuelÃ Â is a powerhouse of practical, evidence-based information for the clinician and consumer alike. With so much conflicting information in the nutrition world, this book serves as a critical resource for every physician in training or in practice, and for every person eager to avoid the need for those doctors.Ã¢â ¬Â•Ã¢â ¬â •Ã Â Zach Bush, M.D., endocrinologistÃ¢â ¬Å“Fat for FuelÃ Â is a

powerful manifesto reexamining the fat-phobic paradigm that has long dominated the thinking about health and nutrition. This is an extremely valuable guidebook for those seeking to understand and implement transformational dietary changes to boost their metabolic and cellular function. By shifting away from the idea of glucose as the optimal source of energy, Dr. Mercola shows how we can harness the benefits of fat and ketones for clean-burning fuel in the quest for optimal health.Ã¢â ¬Â•Ã¢â ¬â •Ã Â Michael Stroka, J.D., M.B.A., M.S., C.N.S., L.D.N., executive director, Board for Certification of Nutrition SpecialistsÃ¢â ¬Å“In 2017, we haveÃ Â manyÃ Â chronic illness epidemics in the USA. At the center of most of those epidemics is the toxic, nutrient-depleted, dysfunctional human cell. And research is now showing us that the most important organelle in that cell contributing to most of these diseases is the mitochondria. In his bookÃ Â Fat for Fuel, Joe Mercola has given us a practical blueprint for how to revive our mitochondria using diet as a powerful foundation, with a few other added simple tools, such as intermittent fasting, exercise, light therapy, and some supplemental nutrients. Dr. Mercola tested the Mitochondrial Metabolic Therapy recommendations he makes in this book on himself, with many months of trials and errors and continuous glucose monitoring. He also amassed impressive scientific research from the literature to prove what he recommends on these pages. I highly endorseÃ Â Fat for FuelÃ Â as the most practical do-it-yourself guide available today for people to take back control of their health and resolve chronic illnesses.Ã¢â ¬Â•Ã¢â ¬â •Ã Â W. Lee Cowden, M.D., M.D.(H), chairman of scientific advisory board, Academy of Comprehensive Integrative MedicineÃ¢â ¬Å“Science has already shown that eating fat can make you thin. In this pathbreaking book, Dr. Joseph Mercola goes a critical step further, revealing that using fat as your main fuel source can heal your body at a mitochondrial level, restoring energy and well-being and even helping fight cancer and other diseases. Impeccably researched and passionately argued,Ã Â Fat for FuelÃ Â dispels dangerous myths about Ã¢â ¬Ëœhealthful Ã¢â ¬â„¢ diets, reveals truths the food industry won Ã¢â ¬â„¢t tell you about the food you eat, and starts you on a path to radically transforming your health.Ã¢â ¬Â•Ã¢â ¬â •Ã Â Mark Hyman, M.D., #1Ã Â New York TimesÃ Â best-selling author ofÃ Â Eat Fat Get ThinÃ Â and Director of the Cleveland ClinicÃ¢â ¬â„¢s Center for Functional MedicineÃ¢â ¬Å“Fat for FuelÃ Â is a landmark contribution from Dr. Joe Mercola.Ã Â . . .Ã Â Metabolism at its core consists of how our mitochondria utilize nutrients,Ã Â and Dr. Mercola educates his readers on how to choose the nutrients that optimize mitochondrial function. This bookÃ Â will contribute greatly towardÃ Â our health goals for our entire population as more and more health-care professionals wake up to this understanding of the importance of optimizing mitochondrial metabolism.Ã Â Fat for FuelÃ Â brings mitochondrial function into the mainstream for

the healthy benefit of everyone. Bravo!Ã¢â ¬Â•Ã¢â ¬â •Ã Â J. William (Will) LaValley, M.D.Ã¢â ¬Å“Dr. Mercola is a deep thinker with a passion for seeking knowledge about the inner workings of the human body and an open mind about the role of successful alternative treatments that have hard evidence behind them. Dr. Mercola has a knack for describing difficult scientific concepts in simple and entertaining terms that a non-expert can understand. The information he provides is priceless: the result of decades of searching for, and finding, the truths that will keep you on the path to healthy living. You canÃ¢â ¬â„¢t afford not to read this book!Ã¢â ¬Â•Ã¢â ¬â •Ã Â Stephanie Seneff, Ph.D., senior research scientist, MITÃ¢â ¬Å“Dr. Mercola proves once again that he is at the very forefront of natural healing and wellness. With medical science understanding more and more how mitochondrial dysfunction leads to chronic disease, Dr. Mercola provides a simple, natural healing plan with this important new book.Ã¢â ¬Â•Ã¢â ¬â •Ã Â Jason Fung, M.D., nephrologist and author ofÃ Â The Complete Guide to FastingÃ¢â ¬Å“A revolution is growing in medicine, one that revolves around a change from seeing the cell as a membrane-bound bag of water controlled by the all-powerful DNA to a more fluid conception of the cell centered on the central role of the mitochondria. Dr. Mercola is at the forefront of this exciting revolution, and this book gives you both the theoretical basis and practical suggestions for supporting your mitochondria and regaining better health. I would encourage everyone to read this book and strongly consider following Dr. MercolaÃ¢â ¬â„¢s many helpful suggestions and guidelines.Ã¢â ¬Â•Ã¢â ¬â •Ã Â Thomas Cowan, M.D.Ã¢â ¬Å“A book likeÃ Â Fat for FuelÃ Â has been a long time coming. Backed by a wealth of research, Dr. Mercola makes the definitive case that fat, not sugar, is the power source on which our bodies are meant to run, and he outlines what changes we can make in our daily lives to use fat as fuel. KU Integrative Medicine has been waiting for this book!Ã¢â ¬Â•Ã¢â ¬â •Ã Â Jeanne A. Drisko, M.D., C.N.S, F.A.C.N.,Ã Â Director, KU Integrative Medicine,Ã Â and Riordan endowed professor of orthomolecular medicine, University of Kansas Medical CenterÃ¢â ¬Å“Dr. Mercola is one of the most brilliant minds in modern medicine, and he has achieved a true masterpiece withÃ Â Fat for Fuel. Why? The book defies the status quo and reveals the truth behind everything from why fasting is a healthy habit to why you need to become a fat-burning machine. He even shocks us with the details on how iron can negatively impact mitochondrial health (youÃ¢â ¬â„¢ll be surprised). This book is a must-read if you want to optimize your body and brain while systematically eliminating a host of risk factors for chronic disease.Ã¢â ¬Â•Ã¢â ¬â •Ã Â Ben Greenfield, BenGreenfieldFitness.com (Dr. MercolaÃ¢â ¬â„¢s favorite fitness podcast)Ã¢â ¬Å“In a bold voice and in plain language, Dr. Mercola continues his role as nutrition pioneer for America and the world.

This book will educate, embolden, and empower consumers to take charge of their health destiny. Dr. Mercola, pro-health instead of pro-industry, shows us how we can bring in healthy fats and take a number of other key steps to right our own ships. This book should be a wake-up call to spur the medical and dental professions to take nutrition counseling seriously.Ã¢â ¬Â•Ã Â Ã¢â ¬â •Ã Â Charlie Brown, J.D., Consumers for Dental ChoiceÃ¢â ¬Å“Fat for FuelÃ Â consolidates the latest cutting-edge metabolic discoveries into an easy-to-follow system for optimizing your health at the cellular level. It gives people the tools and the knowledge to empower themselves and customize their own dietary therapy.Ã¢â ¬Â•Ã¢â ¬â •Ã Â Aaron Davidson, founder of CronometerÃ¢â ¬Å“Fat for FuelÃ Â goes well beyond a book on the health benefits of eating the right types of fat to offer tremendous insights on how to power up your health by ramping up metabolism and boosting cellular energy. It is an incredible book written by a truly insightful thought leader. My hope is that this book will produce the tipping point leading to needed changes in our collective thinking about the power of nutrition as medicine. I highly recommend this book!Ã¢â ¬Â•Ã¢â ¬â •Ã Â Michael T. Murray, N.D., co-author ofÃ Â The Encyclopedia of Natural MedicineÃ¢â ¬Å“Dr. Mercola presents a well-thought-out, well-written case for a healthy diet that is surprisingly high in fats. Over the years I taught many a student about mitochondrial function, and it is a pleasure to see proper emphasis on this all-important cellular powerhouse.Fat for FuelÃ Â deserves serious consideration by anyone looking for practical, powerful ways to improve their health.Ã¢â ¬Â•Ã¢â ¬â •Ã Â Andrew W. Saul, Ph.D., editor, Orthomolecular Medicine News ServiceÃ¢â ¬Å“Fat for FuelÃ Â is a crucial read to obtain and maintain health, especially in the modern pandemic of inflammation-driven chronic diseases. This important book teaches principles most people have not yet heard and extends its reach beyond the small group of practitioners around the world who are already utilizing these methods. Implementing the principles outlined in this book has proved life-changing for thousands and I now expect that this information will transform millions. These tools and strategies are Ã¢â ¬Ëœthe real deal,Ã¢â ¬â„¢ and a proven answer to our current state of dis-ease. The science presented here is clear and well-documented and will change the way you think about what really brings you health and healing.Ã¢â ¬Â•Ã¢â ¬â •Ã Â Daniel Pompa, D.C.Ã¢â ¬Å“Fat for FuelÃ Â comes at the perfect time. With the cost of health care soaring, we have to take responsibility for protecting our health instead of simply treating disease. Understanding the mechanisms of how we function is essential to a healthy body and brain, and modern-day revolutionary Dr. Mercola has relentlessly dug through the research to bring this latest and greatest knowledge of our bodies to the bookshelf. Not only does this page-turner highlight the need for fat in our diet, it shows us how to prepare our bodies to

process and utilize it most efficientlyÃ¢â ¬â •a key ingredient in the overall strategy to attain optimal health.Ã¢â ¬Â•Ã¢â ¬â •Ã Â Erin Elizabeth, investigative journalist, author ofÃ Â In the Lymelight, and founder of HealthNutNews.comÃ¢â ¬Å“I had been playing around with low-carb and keto cooking on and off for a year but not making much progress toward my weight-loss goals. After readingÃ Â Fat for FuelÃ Â I understand that I was limited by a kindergarten-level understanding of the ketogenic diet compared to what I needed to know and do in order to be successful. My fatherÃ¢â ¬â„¢s recent death due to AlzheimerÃ¢â ¬â„¢s has motivated me to be deadly serious about doing whatever I can to avoid this and other chronic diseases. IÃ¢â ¬â„¢ve read hundreds of nutrition books over my lifetime but this one is my favorite and the one I know will make the biggest impact on your health if you have the commitment to follow it to the letter. Once again, an outstanding contribution from Dr. Mercola!Ã¢â ¬Â•Ã¢â ¬â •Ã Â Dr. Kendra Pearsall, N.M.D., founder of Enlita.comÃ Â Ã¢â ¬Å“Clear the brain fog, build up your energy, prevent disease, be happy! Dr. Mercola shatters the fat myth and shows us the way to ultimate health and healing.Ã¢â ¬Â•Ã¢â ¬â •Ã Â Dr. Alberto Villoldo, co-author ofÃ Â Power Up Your Brain

Dr. Joseph Mercola is a passionate advocate of natural medicine, a wellness champion, and a visionary who has implemented much-needed changes to our current health care system. As a physician for twenty-five years, he treated thousands of patients at his wellness center outside of Chicago, and in 1997 he created Mercola.com, now the #1 natural health website in the world. A New York Times bestselling author, he has also appeared on national news media such as CNN, Fox News, ABC News, Today, CBS's Washington Unplugged, and The Dr. Oz Show.

Dr. Joseph Mercola’s Fat For Fuel is a MUST read - even if you think you do not agree with the concept of eating fat (instead of copious carbohydrates). I have been eating the way that Dr. Joseph Mercola recommends for the past two years and had my Type 2 Diabetes healed (no more injecting insulin!), 40-year-old fatty liver return to normal, eyes healed and angina go. Plus I easily lost 18 kgs over a 10 month period. This way of eating (using what we eat to heal our bodies) is not just about losing weight but becoming WELL.If you are skeptical I urge you to read this book and check out the clinical trial results that are being published around the world. They are there if you search for them.If we eat the way Dr. Joseph Mercola suggests our medical costs will plummet.

I am still reading the book. I decided to start my MMT/Keto diet immediately upon receipt of the book. As I need to lose a lot of weight, and have failed many,many, many times before, I wanted to

jump right in and not stall. I have also been considering surgery, but really want to beat this beast without surgery. I'm about 8 days on a plan of 1600-2000 calories, less than 40-50 net carbs, protein at around 100 grams (calculated using his formula in the book) and the rest of calories from fat. It's amazing how well my body has reacted to this program. I have done low carb in the past and experienced good short term results but this feels different. First, I'm in ketosis--moderate ketosis (4). I purchased the ketosis test sticks on (about $10) and on about my 6th day it was a medium color purple. I lost 11 lbs in my first 7 days. That's obviously really good (I don't care if its water weight--it is 11 lbs less i'm hauling around), but what is more satisfying is how hunger and cravings go away. As I'm probably a food addict, I'm never really hungry. Having the cravings shut down is absolutely what I need. I think what helped me get into moderate ketosis is that I cut out all added sugar immediately and all flour. My goal is net 40 grams of carbs, but I'm probably closer to 30grams (I track everything on an online app). I'm amazed that I'm just not craving food. HABITS is what I'm left to fight. However, without hunger/cravings, it is a lot easier to correct the bad habits that I've had for decades. I'm also doing Peak Fasting discussed in the book. It is a modified approach as I fast from 7:30PM to 9AM during the weekday of my first week, and 7:30PM to 1PM on the weekends. I'm amazed that I'm not hungry. I do have a cup of coffee with 1/2 tbsp of MCT oil each morning so perhaps it is not a 100% fast. However, it hasn't taken me out of ketosis and I keep losing weight (appox .5 to 1.5 a day). Of course that won't last forever but I'm riding that train as long as it last.My diet has consisted mainly of the following (prepared varioius ways for different meals) eggs, avocado,berries, hemp protein powder, olives, olive oil, mct oil, beef/chicken/fish, macadamia nuts, pumpkin/sunflower seeds riced cauliflower/broccoli, kale/spinach, onions and garlic and spices. Olives (Davina Organic Pitted Green Olives) have been a great snack for me (staisfying, low carb, and good fat).Again, I'm just starting out. I hope to update this review as I succeed. Meantime, the book has been great. Lots of information. Good science. Easy to read.6/15..Just a quick update. The Intermittant Fasting is fantastic. I do an 18 hr fast each day (6pm-Noon) and eating as recommended in the book makes it easy. Weight loss in less than a month is 26. No cravings, no hunger, energized and feeling motivated. Still forming the habit/life style, but it has been pretty easy.

Fifteen years ago a natural doctor healed my hair loss with minerals chelated to the Kreb Cycle of the mitochondria of the cell, thus beginning my love affair with this beautiful bacteria which live within our cells and control EVERYTHING. I can not even begin to tell you how amazing this book is in explaining what we all need to know about this tiny, little organelle.Once again, Dr. Mercola takes

a multitude of information and states it in a way that we can all understand and apply to our lives for better health and healing. I LOVE THIS MAN!!!! Back in 1997 I stumbled upon his website and thought that he might just know what he's talking about because he sounds like my Grandma (who learned from reading Adelle Davis) and he spoke of things that I was just starting to be concerned with. Now, twenty years later, I am convinced that he is without a doubt an amazing healer and a godsend to this planet.As a registered nurse I have witnessed the pain and suffering endured by my patients and their families while the pharmaceutical companies and for-profit medical community thrive. I have been fired countless times for being a strong patient advocate and empowering my patients to do their research and question their doctors, to not give up the fight, to not settle for unanswered questions and ill health because we CAN heal ourselves or AT LEAST reduce the suffering in the worst case scenarios. (I finally figured out that I had to tell them NOT TO MENTION, "My nurse told me about XYZ," but to instead say, "A friend told me about XYZ, what do you think?"This book is an easy read, well written, full of amazing facts, and ties together so much of what I know but never saw in this light. I wonder why the medical establishment does not discuss the difference between small and dense LDL versus large and fluffy LDL. Why do we, as nurses, never see this on the lab results? (Bad enough that no one ever tells the patients to fast for 12 hours before a cholesterol test, but then to not even give them an accurate explanation of those results is a sin in the highest degree).I digress..... If you wan to understand the true inner workings of your body, read this book. If you want to live well, lose weight, and be strong and healthy, FOLLOW HIS ADVICE. Dr. Joseph Mercola is a man who not only truly cares for the human race, but can admit when he may not have had all the information when he made up his mind years ago (I reference his recent article on gluten) and he is completely at ease telling us that he has changed his mind. THAT is a doctor you can trust.Thank you, Dr. Mercola, for writing this book. I only bought it because every once in a while I like to support your website since I have been using it and relying on your professional opinion for 20 years. I was blown away when I actually started to read it!!! I have a large library of books related to alternative nutrition and healing; this book is my new favorite. I have been sending family, friends, and patients to mercola.com for a long time and now I am telling everyone I know to BUY THIS BOOK.THIS BOOK WILL CHANGE YOUR LIFE!!!

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ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3)

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