



Nature's Diet

Dr. Andrew Iverson

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If you think eating less, skipping meals, drinking fruit juices and protein drinks, and eating non-fat foods is the way to a healthy, slender new you, think again.

What if I told you that your favorite fruit could be contributing to your growing waistline and putting you at risk for diabetes and heart disease? Did you know that what you eat can affect your energy, your memory, your mood, and even how you think? Certain foods can even make a child behave poorly and lose focus in school.

Many of the health symptoms that Americans are experiencing today could be remedied by a simple solution: *Nature's Diet*

Our distant ancestors depended solely on "Nature's kitchen" for survival; today our diet is genetically engineered, man-made in a factory, and loaded with harmful chemicals. The result: An epidemic of illnesses like never before seen in human history.

Inspired after seeing chronically ill patients every day in his own practice, Dr. Iverson wrote *Nature's Diet* realizing he needed to TEACH people what to do who were so desperate to have their health back. He saw that when someone feeds their body the correct nutrition and detoxifies from chemical waste, they can have amazing improvements in their health.

Think this is just another diet book? You'll be surprised at what you'll learn. *Nature's Diet* is based on living in harmony with Nature and applying the Laws of Science to your own health and healing by following the way animals and our distant ancestors once lived. It takes into account your biochemical individuality; based on genetics, geographic location, and physical activity. The actual diet is tailored to your unique needs based on your current lifestyle.

Want just a taste? Here's what you'll learn:

- * Whether being a meatarian or a vegetarian is a better option for you
- * Which supplements to choose and why your multi-vitamin may be more of a drug than a nutrient
- * What the effect of hidden food allergies may be having on your system
- * Bio-identical hormones -- who should or shouldn't take them
- * What the effects are of the thousands of environmental chemicals you are exposed to everyday and how to cleanse and detoxify them from your body
- * How to achieve more gratifying sex in a completely natural way
- * What not to wash next time you bathe to prevent your body from losing essential nutrients
- * Fad diets, supplements, cleansing, sleep, hormones, sex, etc...in 21-days!

Nature's Diet is 21-day diet life plan chock full of informed, clinically based content that will change the way you eat - and feel - for the rest of your life. Often funny, always highly informative, Nature s Diet explodes dozens of long accepted dietary facts as harmful, fat-building myths, presenting a solid plan for restoring your health, your weight and your self-esteem to optimum levels and keeping them there!

The answers you've been seeking to heal your body and stay healthy have always been available to you. If you are ready to live free of poor health, *Nature's Diet* is giving you a simple plan. You hold the keys to your healing. Are you ready to unlock the answers?

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Deborah Young:

The book Nature's Diet gives you the sense of being enjoy for your spare time. You should use to make your capable a lot more increase. Book can being your best friend when you getting tension or having big problem along with your subject. If you can make reading a book Nature's Diet to be your habit, you can get much more advantages, like add your capable, increase your knowledge about some or all subjects. It is possible to know everything if you like open up and read a publication Nature's Diet. Kinds of book are a lot of. It means that, science guide or encyclopedia or other individuals. So , how do you think about this guide?

Gordon Miller:

The experience that you get from Nature's Diet is a more deep you excavating the information that hide inside the words the more you get serious about reading it. It doesn't mean that this book is hard to understand but Nature's Diet giving you enjoyment feeling of reading. The author conveys their point in selected way that can be understood by anyone who read that because the author of this reserve is well-known enough. That book also makes your personal vocabulary increase well. That makes it easy to understand then can go along with you, both in printed or e-book style are available. We propose you for having that Nature's Diet instantly.

Dean Herbert:

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