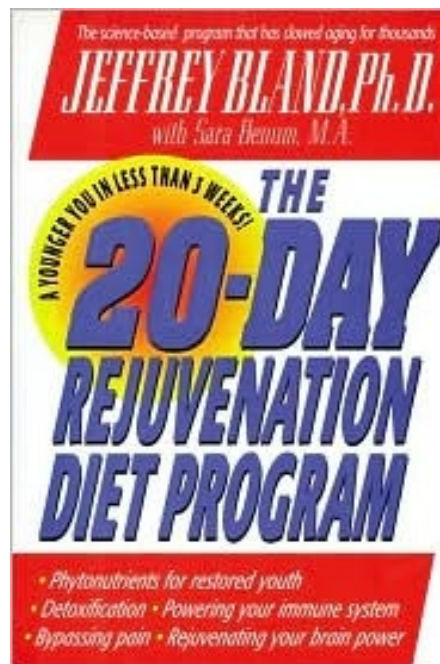




The 20-Day Rejuvenation Diet Program

Jeffrey S. Bland

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Middle age can often bring with it a series of minor ailments such as constant fatigue, recurring digestive problems and difficulty in concentrating. This book contains a diet system to improve energy, immunity, brain function, hormone and digestion problems. It uses specific foods to counteract the metabolic poisons in the body that cause these ills, as well as providing the correct level and balance of nutrients needed by the body.

The 20-Day Rejuvenation Diet Program Details

Date : Published January 11th 2000 by McGraw-Hill Companies (first published February 1st 1999)

ISBN : 9780879837600

Author : Jeffrey S. Bland

Format : Hardcover 258 pages

Genre : Health

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Sarah says

Interesting, though a bit dated on certain topics (fat especially). Good info on micro-nutrients and phytonutrients. Highlights once again the need for whole foods based diets.
