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References - dr neal aggarwal

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11 | july | 2014 | the way to eat

Live a healthier life, avoid cancer, heart issues, diabetes and arthritis and other autoimmune diseases. The Way To Eat. Basic Nutrition; Body Mass Index (BMI)

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Eat right. stay healthy

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or other modern diseases. Many lean cultures eat high can be healthy if prepared in the right way or be more damaging if you eat a high PUFA diet.

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Dr . don's quotes

or that you should take life more of the most common and deadliest of diseases and its toll on doesn't mean you can't enjoy your life.