

Citrons Evolutionary Diet Cookbook Help Prevent

Chapter 1 : Citrons Evolutionary Diet Cookbook Help Prevent

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Dr. citron devised a solution: he realized we ought to eat the same foods our early cro-magnon ancestors ate. they didn't suffer from heart disease and cancer, yet they ate lots of red meat, nuts, and eggs; as well as shellfish and other high-cholesterol foods that are frowned upon today.Dr citron's evolutionary diet: help prevent cancer and heart disease--and lose weight naturally--by followin the diet of your cro-magnon ancestors! by ronald s. citron (1998-03-13) 1675. by ronald s. citron;kathye j. citron. paperback. cdn\$ 88.54. only 1 left in stock - order soon. more buying choices. cdn\$ 85.99 (2 used & new offers) citrons evolutionary diet/trade dec 1 1997. by kathye j

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