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The Natural Laws of Healthful Living: The Bio-Nature Health Rhythm Program

Carlson Wade

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Carlson Wade : The Natural Laws of Healthful Living: The Bio-Nature Health Rhythm Program before purchasing it in order to gage whether or not it would be worth my time, and all praised The Natural Laws of Healthful Living: The Bio-Nature Health Rhythm Program:

Carlson Wade was a foremost advocate of preventative and therapeutic nutrition. In this work he discusses how food can be used for healing. He explains about food combining, controlled fasting, breathing secrets and how to cope with common health situations.