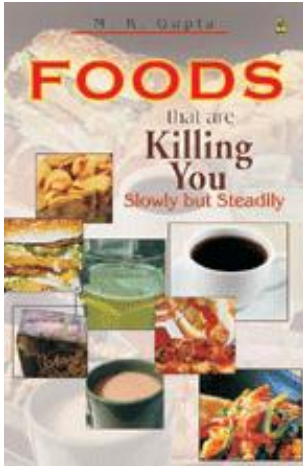




The Food Which Are Killing You



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Depending upon our constitution and metabolism, a food-item may do us more harm than good. But then how do we know what is good for us and what is not?

This book tells you how you can find out the foods that cause you harm and advises how to overcome the problems by prescribing the right foods. Know how to:

- *Pin point specific harmful foods
- *Select proper diet
- *Evaluate results

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