



Hell's Kitchen and CD

Dr. Joel D. Wallach, Dr. Ma Lan

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BOOK: Obesity is not a disease, obesity is not the enemy, and obesity is but a symptom of a deeper nutritional deficiency. Dr. Wallach and Dr. Ma Lan looked beyond written history and looked for clues that would show what evident, technology, and why people set us on the terrible path of the world pandemic of obesity. People can simply eliminate obesity and other degenerative diseases if only we would all adhere to simple principles, supplement properly and cut back on most forms of dietary sugars and carbohydrates. This book will let you know the real cause of obesity and how to fight it.

AUDIO CD: Live lecture recording of Dr. Joel Wallach, 74 minutes, as an introduction to the book, Hell's Kitchen.

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Kathryn Botello:

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Denita Lumley:

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Heather Bly:

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