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Gillian McKeith's Food Bible shows you how foods can help improve your health and quality of life. For instance, she explains why almonds support weight loss, how wild yams promote fertility and which vegetables work as natural



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Gillian McKeith's Food Bible - Diet Review

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McKeith advocates a pescetarian diet high in fruits and vegetables, grains, beans, nuts, and tofu, and the avoidance of processed and high-calorie foods, sugar and fat, red meat, alcohol, caffeine, white flour, and additives.

Gillian McKeith - Wikipedia

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