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Bible Diet, An Apple a Day 2

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An Apple a Day

An Apple a Day is an informative book about nutrition and healthful foods. It includes chapters that explain proteins, carbohydrates, and fats, along with examples of foods that contain each type of nutrient. The "Smart Eating" chapter encourages readers to use what they have learned in the book to plan their meals for a day.

Bible Diet (Bible Diet, An Apple a Day Book 1) eBook: J ...

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Top 10 Bible Foods that Heal + the Biblical Diet

Founder of the Bible Diet, author of The Maker's Diet and motivational speaker Jordan S. Rubin believes so! According to him, the Bible Diet is heavily influenced based on the teachings from the books of Leviticus and Deuteronomy and the only food considered acceptable or clean is the only kind that should be eaten.

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A business man sits on a bench eating an apple. An apple a day may keep the doctor away, but three apples a day might help you lose weight, claims registered dietitian Tammi Flynn. Flynn developed a 3-Apple-a-Day diet plan that, she says, can help you lose an average of 17 pounds in 12 weeks.

Br a g g Apple Cider vinegar Miracle Health System

“An apple a day keeps the doctor away.” Bragg Vinegar Drink A delicious and ideal pick-me-up at home, work, sports or the gym. Perfect taken 3x daily: upon arising, mid-am & mid-pm. Prepare drink: 1 to 2 tsps Bragg Vinegar 1 to 2 tsps Raw Honey (diabetics use Stevia powder or drops) & in 8 oz Glass Distilled Water