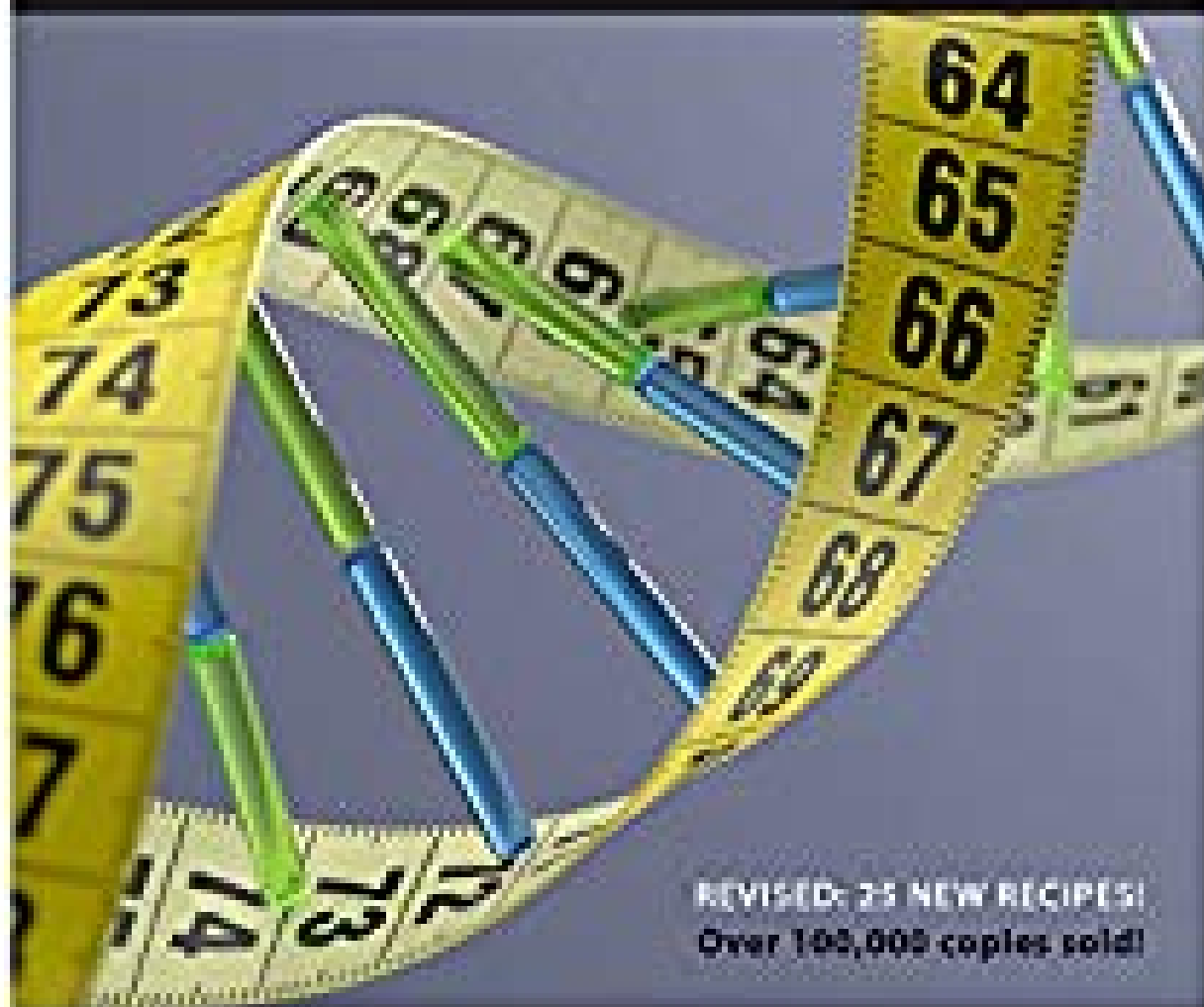


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This Popular Resource Information contains all you need to successfully support your fat loss hormones using the amazing discovery of the Cellular Healing Diet plan. ~ Rich Brooks October 2009 Begin today and make your weight loss and wellness goals a reality! With this guide you will be able to MAXIMIZE YOUR WELLBEING utilizing: - Three Basic Diet Changes - Five Basics of the Cellular Curing Diet - FREE 78 Minute Cellular Healing Diet Audio CD -Complete Food and Food Reference Lists - Cooking/Eating Tips and Fat Information - Over 90 Advanced/Cellular Healing Diet Dishes (Gluten FREE) - Meal Ideas and 7-Day Food Plan... I've tried other diets and failed.on the Cellular Healing Diet I not merely lost 146 pounds in one calendar year, but also all my high risk blood work is now normal. The Cellular Healing Diet will support your body to get rid of fat, lose weight and get your sustained energy back.



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Excellent book that outlines an interesting method of healing through diet. Having lived with a chronic neck pain for over 20 years, I have tried all the solutions offered by my physician. Desperate to try anything that could help, I consulted a naturopath recently who told me that my body was coping with high degrees of inflammation.. Good source for GMO free food supplier. This is simply not a meal issue as it is apparently one meal. Arthritis in my hands is practically non existent. My husband ordered this and since reading it has truly gone from 232 lb to 211 and counting in less than 1 month. Five Stars great item Five Stars Love the information in this book. Absolutely excellent! Unlike most diet books, which are padded with chapter after chapter of achievement stories, that one gets right down to business of recovery. In 18 days, I have lost 15 pounds, appreciate plenty of energy, am inhaling and exhaling more clearly, and am almost free of arthritis in my own hands. Tossing this book. Many delicious quality recipes are included--I've appreciated every one I tried. The book is very easy to utilize. The spiral binding makes it easy to read, and easy to use in your kitchen when trying brand-new recipes. It's published on a heavier share than I anticipated from a spiral bound publication, making it easy to highlight and take notes. Absolutely exceptional! He obviously explains why it's important, who should follow it, and how to implement the diet into my lifestyle. Take a look, it may work for you. I wouldn't contact it a diet plan because you can eat a LOT of good food. Dr Pompa is an extremely knowledgeable and ... I simply focus on those instead of reading all of the "why" behind it. There were so many testimonies on what people obtain lives back. Very POWERFUL Diet plan. I wouldn't contact it a diet because you get to eat a LOT of good food. We 1st purchased this reserve back in 2015, and it has helped modification our health and lifestyle. I've listened to some of his movies on Cellular Detox and wanted to try it. Dr Pompa is an extremely knowledgeable and amazing mentor to follow. We will forever become grateful to Dr. Cannot recommend his tips enough, he's a life changer. I've used most of the dishes, and return back every couple of months to reread the info easily find myself needs to stray!! Diet for all of us, but our brand-new healthy lifestyle! The reserve goes from page 53 to another page being page 153. I recommend it extremely! He addresses the subject of dairy intolerance by declaring that you could just buy a specific brand of cheese, milk, etc and be fine. Pompa's Cellular Curing Diet plan in much detail. It's not. I still possess a lot of neck discomfort, but I didn't expect wonders in such a short time. This book is working for me." He makes no talk about to lactose or lactose intolerance. I Recommend this book/diet Has helped me personally lose pounds effortlessly and is definitely bringing my wellness back around! Personally i think like I am reading a recipe book from the 20th century. It's a lifestyle that everyone should stick to to get and remain healthy. not redundant. I really like Dr. Pompa, I have listened to him talk on the subject of cellular curing on many events and was very interested in his book. I purchased this reserve 4 months back and just began reading it and recognized about half the pages are lacking. Many, many pages are repeated.! Certainly the printer of the reserve does not do quality function. Easy to read; What research? Five Stars Impressed with the info in this well written book. Pompa. Great Little Book I think it's an excellent place to start to overcome aggravating medical issues. She recommended that I follow the Cellular Healing Diet to lessen the inflammation. Lactose intolerance evidently doesn't exist in his world The recipes do NOT list their nutritional value. Waste of cash. to the point; About 50 % of the books pages are missing. Not for plant based people. Super Disappointed. This book changed our health and wellness! Had no idea he is a proponent of meats and oils. I HIGHLY recommend this book/diet plan! He lists the foods that needs to be eaten, and which ones to avoid and why. Dr Pompa Fan Huge Dr Pompa fan. Good recipes and weekly planner instruction. Wow. Dr Pompa doesn't offer ANY NON-dairy substitutes. "Reality: 99% of the dairy in america contains a toxic protein called Beta-A1 Casein.?! it is spot on! It can help to maintain me on track. This is not even counting all of those other ingredients. In only under 3 weeks, I am currently experiencing significant relief. Of training course all I must go on is the picture - as he's listed no serving size either.. Dr Pompa is advocating a minimal carbohydrate diet - as in around 20grams of carbohydrates a day.! And yet the VERY FIRST ingredient in his "Flatbread pizza" (1/2 glass of arrowroot flour - 56grams carbohydrate) blow the carbohydrate count out of the water?! This prospects me to believe that Dr Pompa does not have access to the research studies upon this subject. I'd want to trust the rest of his assistance but he helps it be hard given he has ignored a MAJOR issue for a number of people. This publication was more recipes than diet information than I was personally expecting but the guy is a leader for sure. Makes plenty of sense. This book was recommended if you ask me by my doctors at the pain

institute ... This book was recommended if you ask me by my doctors at the pain institute where I am getting treatment for chronic back pain. I bought it without realizing it was very religious. In case you are into that sort of stuff, then it is great! However, I have trouble taking it seriously. Only a personal preference. The quality recipes are decent, though. I simply got refresher course within my chiropractor last night in the Cellular Healing Diet. This book outlines Dr.!



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