



## Mannie s Diet and Enzyme Formula: A Change of Lifestyle Diet Designed for Everyone

By Emanuel Barling Jr Esq

Outskirts Press, United States, 2010. Paperback. Book Condition: New. 280 x 210 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.All humans are distinctly different and there is no perfect diet that works for everyone. Mannie s Diet led to one author losing more than 80 pounds and the other losing 20. They both continue to lose weight without much effort. This book enlightens and empowers people to lose weight and improve their health. We simplify overly technical information into common descriptions. We offer a new approach to losing weight and improving your health that exposes the dangers of dangerous chemical food additives and chemicals that cause addiction. The authors latest book, It s Not Your Fault, explores the causes of weight gain and obesity. Your so-called healthy foods are making you fat and ill. By creating your own diet based upon our theories, the diet you create will change your life, cause you to lose weight and also prevent arthritis and gout caused by inflammation, allergy, intolerance or genetic predisposition. There is no question that pesticides, preservatives and addictive chemical additives in food are the cause of weight gain and many other health problems. This diet...



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*This publication may be worth purchasing. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.*

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