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The Creator's Diet Explained



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Going Against the Grain

The array of highly processed and refined food options created to appeal to our senses coupled with our hectic lifestyles, have resulted in a massive shift from consuming a wholesome diet. A real mind-set change is necessary to go against the grain and take charge of our diets and lives.

What we eat ultimately determines how well we function, consequently it is of uttermost importance that we feed on the best foods for our health.

This book encourages the reader to regain control of their lives by applying seven simple dietary and lifestyle principles. *The Creator's Diet Explained* simplifies healthy eating and explains the basics in food and dietary principles. In this edition you will discover the following:

- The seven foundational principles of *The Creator's Diet*
- The role of a healthy diet in helping to maintain health
- Many practical tips, meal options and much more...

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