



Natural Health and Weight Loss

Barry Groves, Joel Kaufman

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Natural Health and Weight Loss explains in non-scientific language, supported by a huge body of evidence from clinical trials and population studies, what really constitutes a healthy diet, not just to prevent and cure obesity, but also to lead a long and healthy life. The author can claim to be one of Britain's leading exponents of the low-carb/high-fat way of life, having lived, researched, lectured and written about this subject for nearly 50 years.

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