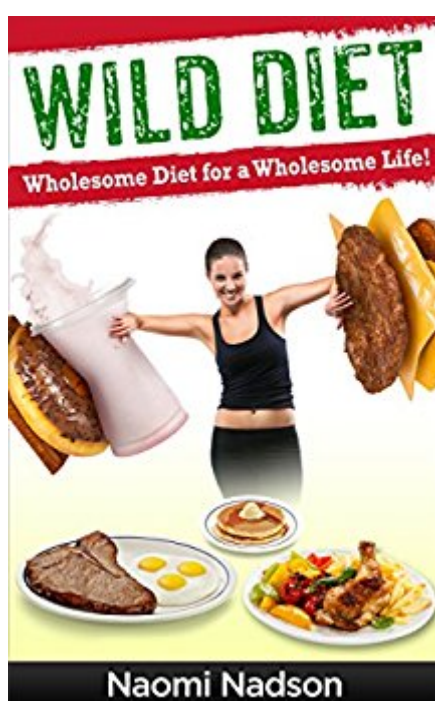


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Customer Reviews

This is the "BEST" Book that I've read when it comes to Nutritional Diet. I've really learned a lot from this book. Honestly, I could say that I've learned more from this book about Nutrition, Foods, Diet, Etc.. What is really unique about this book is the word "Wild" diet. What the author means Wild is the Nature. :) Yes, the nature. This book is filled with a very nutritious healthy living way of life. This book is a summary on how to live a very healthy life. Naomi Nadson, I could say, is one of the Best Authors, when it comes to healthy living. Her writing is filled with love to her readers. You would feel very and well taken care of by this book of Naomi. There are tons of ideas I've literally gained from the book. Honestly, there are new wisdom that I've learned from this book like the 3 components of food: macronutrients, water, and micronutrients.. In this book, I've understood what really are their functions into our body. Like in macronutrients, (proteins, fats, and carbohydrates).. I've learned in this book, that truly, it is not the "fats" that we consume that make people fat, but truly the carbohydrates. :) See, you don't know that either, right? :) You've got to read this book. :) Naomi has provided "everything", as in "all", of the nutrients that we can receive to have a healthy living, all in one place from this book. Here are the things that I've learned from the book.

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