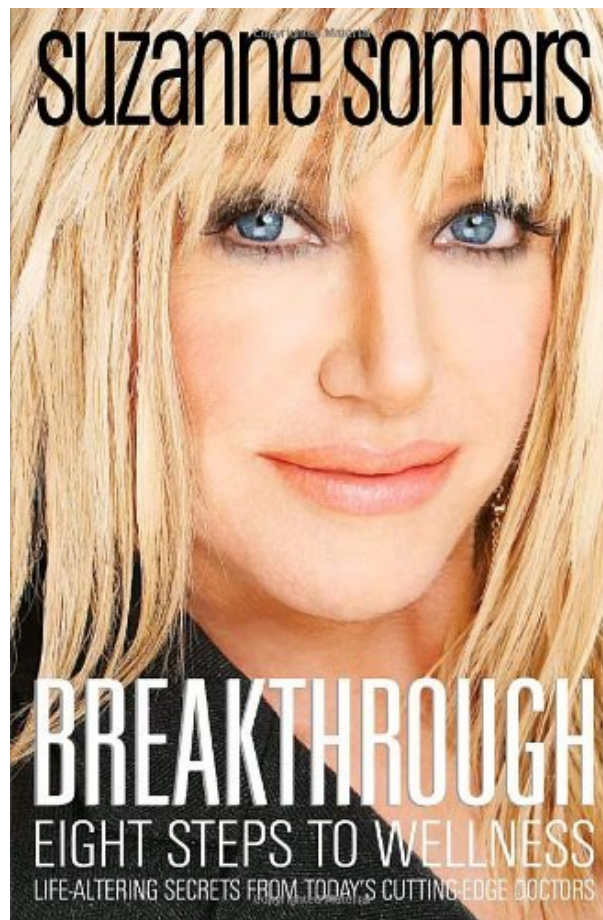
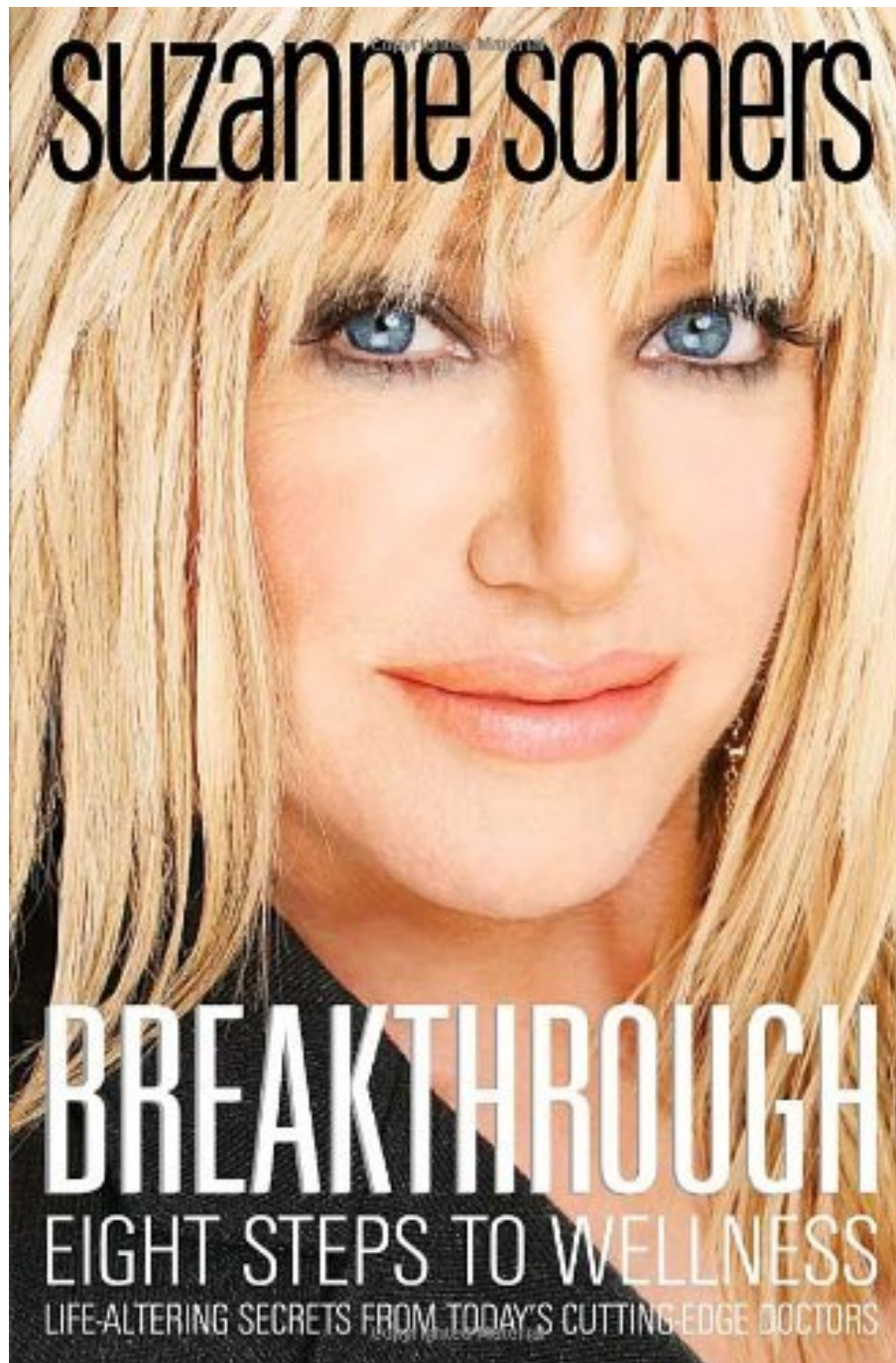


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I recommend this book to anyone that will listen to me. I should get a commission. It is full of health information and exposes the way the pharmaceutical companies in this country are shoving medicine that we don't always need down our throats. Not to mention the chemicals that the government lets the food companies put in our food. These poisons are in everything. When you learn about it and start reading labels you will be shocked at what you are feeding your family!! America has the highest rate of many diseases and I strongly feel it is our "convenient" foods that are causing the problems. Other countries do not allow all the dyes and poisons in their food supply and are not as overweight as Americans. Not to mention we have the highest rate of ADD and ADHD than any other country in the world. Has to be the chemicals. You will see a difference in your families health if you read this book and put her advise into action.

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I saw an interview somewhere with Ms. Sommers on her TV book tour. As the interview rushed to a close, she was trying to get in something about a remedy for acid reflux. I HAD horrible acid reflux and should have seen a doctor long ago, but had been trying to manage with OTC drugs.

I waited for a few weeks for the Kindle version to become available and finally downloaded it and was able to search for what she had mentioned. I tried what the doctor recommended and in a little over a week, no acid reflux. I am absolutely astounded. I guess I'll have to read the rest of the book now, but I look forward to it.

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