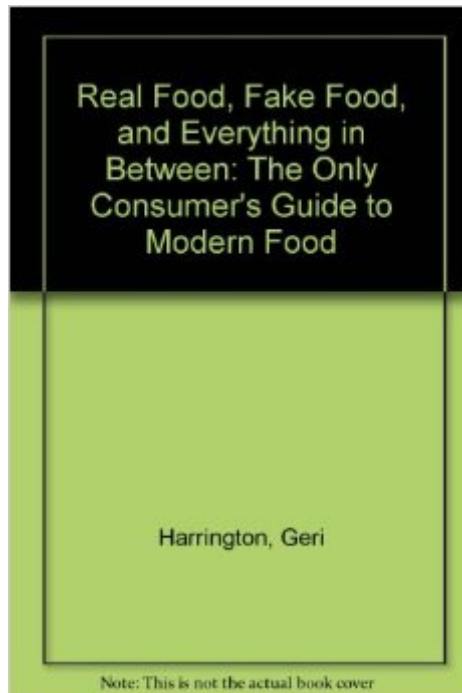


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Real Food, Fake Food, And Everything In Between: The Only Consumer's Guide To Modern Food



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Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (1 customer review)

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Customer Reviews

This book changed my life. You will never think about food the same way. The result of the changes in my life after reading this book 15 years ago was that I raised children that were healthy and of normal activity and weight levels naturally. There is no substitute for real food and for real nutrition. I look around and see obese children who are starving for lack of nutrition. They are obese unhealthy and starving due to a lack of nutrition in their diet.

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