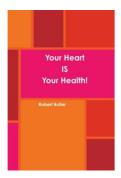
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Lulu.com, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English. Brand New Book ****** Print on Demand ******. A personal experience with coronary heart disease which led me to create my own diet and exercise program which works. It is a layman s explanation about inherited health issues, the four EVILS of eating/drinking: sugar, fat, salt, and caffeine. This book was written to help the average person who wants to understand the importance of keeping the...

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- Authored by Robert Butler
- Released at 2015



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