



HEALTH: SIRT FOOD: The Secret Behind Diet, Healthy Weight Loss, Disease Prevention, Reversal & Longevity (The Medicine On Your Plate - Vol 1)

By John Hodges

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"In years to come teachers & doctors will educate people how to prevent disease with Nutrition rather than hand out prescription drugs or put you under the scalpel" J. Hodges

This **UPDATED** edition of the Bestseller 'Sirt Food' has a new colour section with delicious, easy to make recipes incorporating the most powerful Sirt Foods. As a added bonus this book has a colour section giving nutrient details about our favourite and most powerful Sirt Foods. Thes are Life Changing Foods when consumed on a regular basis

In this book, we will tell you about the scientific research at the cutting edge of human health and nutrition.

SIRT FOOD the favoured Nutritional Lifestyle and Diet embraced by the healthiest and most successful celebrities and champion athletes

- Do you have problems maintaining a healthy weight?
- Are sick of yo-yo dieting?
- Do you want to know how to turn on your 'skinny genes'?
- Do you suffer from energy dips throughout the day?
- Do you suffer from regular colds and infections?
- Does Diabetes, Arthritis, Cancer, Heart Disease, Alzheimer's run in your family and do you already have symptoms?

In this book we'll show you:

- **How to make easy adjustments to your diet to restore health, and for the first time, understand why.**
- **How to Apply - this knowledge to you and your family's dietary choices.**
- **How & Why - immune system and DNA can be activated by SIRT FOODS.**
- **How and why by including SIRT FOODS into your regular meals you can stay healthy, young and energetic and most importantly free of disease and toxic medications.**
- **How to have a future without health issues, being vibrant for the years ahead.**
- **THIS COULD BE YOUR FUTURE.**

That knowledge is HERE NOW!

SIRT FOOD - The Medicine on your Plate Volume 1

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Editorial Review

About the Author

As a naturalist and photographer, I've been fortunate enough to have travelled the World and see many cultures and experience many profound things. Approx 6 years ago after a lifetime of excellent health, my body started to disown me, or that's what it felt like. I came to a place & time where I had to face my own mortality. After become very disillusioned with traditional medicine I explored the path of Nutritional healing and after the basic transition of a couple of weeks my health and vitality returned 100% and has never since faltered. Many of my friends, family and associates have been inspired by my journey and have followed my choices and have also enjoyed incredible results. In return, they have inspired me to put my experience and research into print. Thank you for your time and feel free to contact us at <http://www.viddapublishing.com> or at our blog:<http://viddapublishing.blogspot.co.uk...>
<https://www.facebook.com/viddapublishing/> Regards John Hodges

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