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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

The Truth about the Mayo Clinic Diet

By Dr. Donald A. Miller

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This was posted on their site, <http://mayoclinic.com>,
August 22, 2003:

"Mayo Clinic diet: It doesn't exist.
A number of so-called "Mayo Clinic diets" have surfaced over
the years. None of these originated at or are endorsed by
Mayo Clinic."

If you'd like to read information that is not fake, try
a visit to our web site: <http://easyhealthdiet.com>

QUOTE:
If calories burned are more / less than calories ingested,
weight will be lost / gained. Physics can NOT be turned off.
ENDQUOTE:

* Diet with FACTS, not Fat-Burner MYTHS. *

For more pages in this health series, send blank email to
snips@easyhealthdiet.com

Donald A. Miller, Ph.D., wrote "Easy Health Diet", and several thousand other reports, including two
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Fad Diets can Kill!

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Everything you read about diets should be "taken with a grain of salt". If something seems too good to be true, or not plausible, seek other sources, or ask at <http://mayoclinic.com>.

You probably have heard about "anorexia", self-starvation, or "bulimia", binge eating followed by laxatives and/or induced vomiting. These disorders often affect females with poor self image. Death can result.

You might not realize that some fad diets are also deadly to health or to life. Any diet that focuses on just a few foods, or mostly water or juices, except under personal medical supervision, can damage critical organs and nerve tissues beyond repair. Don't willfully make yourself into a starvation victim.

Be cautious when reading about such things as "macrobiotic" diets. "Macrobiotic" is a combination of two words, created to mean great / long life achieved through diet of whole grains, vegetables, beans, limited quantities of animal foods. Some fanatics have taken this to mean nothing but grains and water. The "brown rice diet" is an example that has caused deaths.

Don't expect "the grapefruit diet" to do much more than supply you with a lot of vitamin C. You had better continue eating proteins, fruits, vegetables, fiber foods.

As I wrote in my diet eBook,
If calories burned are more / less than calories ingested,
weight will be lost / gained. Physics can NOT be turned off.

By the way, as you can read on their web site, posted August 22, 2003,
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including two eBooks available through Amazon.Com. More health information can be found at his web
site <http://easyhealthdiet.com>. Contact at <mailto:drdon@easyhealthdiet.com>



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