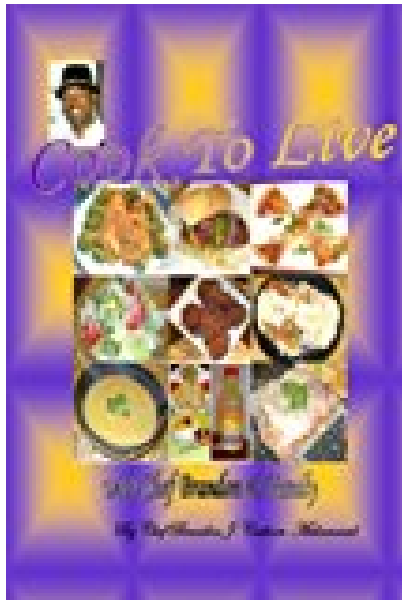


Cook To Live with Chef Brandon & Family



BOOK DETAILS

- Author : Brandon J. Casborn-Muhammad
- Pages : 80 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1508704333

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BOOK SYNOPSIS

For those who really just want to eat better, this is for you. For those who are on a path to ridding their bodies of illness and disease, this is for you. For those who want to teach others of an age reversing diet, this is for you. The "used to be a vegetarian," but ran out of ideas and recipes and now eats animal flesh again, THIS IS FOR YOU! The newlywed man or woman who married a vegetarian, this is for you! The overweight person that loves to eat really good tasting food and wants to lose weight and eat their fill, this is for you! If you are on a journey to eating and living a long healthy life, free of doctor bills and prescription medications, THIS IS FOR YOU! This cook book will teach you how to use ancient dietary technology to REVERSE AND SLOW DOWN THE AGING PROCESS! Youll learn how to rid yourself of 70-90% of your ills by eating and cooking to LIVE! Most traditional medical professionals will not teach you how to change your diet and stop taking medications and how to prevent illnesses, fatigue, obesity, high blood pressure and diabetes. The Most Honorable Elijah Muhammad teaches in his epic dietary guide to long life, How to Eat to Live, Book 1, ..".There is no way of prolonging the life of human beings or any other life unless it begins with restrictions of the foods which sustain life, the right kinds of food and the proper time when it should be taken into our bodies."

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