

# Diet Wise Let Your Body Choose The Food That's Right For You

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## **The Optimal Diet for Heavy Metal [thesupermandiet.com](http://thesupermandiet.com)**

December 13th, 2018 - The Optimal Diet for Heavy Metal Detoxification Sugar and Detoxification Most people with high levels of heavy metals also have a high load of candida which is also

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February 19th, 2014 - Being diagnosed with Type II diabetes can be a bummer and it can be a struggle to keep blood sugars under control Sometimes you may find yourself with

## **Getting Started on Your PCOS Diet Plan PCOS Diet Support**

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diet plan can be tricky

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December 15th, 2018 - Food list for The Fast Diet Intermittent fast 5 days a week of eating anything you want and 2 non consecutive days a week of very low calories

### **The 500 Calorie Diet 10 Things I Learned In The First 20 Days**

December 16th, 2018 - Have you heard of or are you considering the 500 calorie diet Here s a breakdown of what it is how it works and what I learned during the first 20 days

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