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\$domain website which many of our East European book trade customers have been using for some time now, more or less regularly. We have just introduced certain upgrades and changes which should be interesting for you. Please remember that our website does not replace publisher websites, there would be no point in duplicating the

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Risk Factor

a way of eating that combines principles from Paleo and vegan diets that was first coined by Mark Hyman, M.D., in 2015. Pegan diets have surged in popularity again recently thanks to Dr. Hyman's ...

The Pegan Diet is Trending (Again). Here's Why

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Dr. Mark Hyman

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These essentially pre-digested foods

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enter the blood stream rapidly, causing disease-promoting ... In his book "Food Fix," Dr. Mark Hyman says that "More African Americans, Hispanics, and poor people ...

Doctor's Tip: Fast carb genocide in America

Nothing could be further than the truth,

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according to Dr. Mark Hyman, a family physician who ... while avoiding the blood sugar spikes and dips that "fast" carbs like sugar can cause.

Carbs are essential for weight loss, according to a nutrition doctor. Here's how to choose the right kinds.

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Scroll down for video In the film, one of the interviewees Dr Mark Hyman, chairman for the Institute for Functional Medicine, says sugar is a 'fundamental problem' which noone is talking about.

Fed Up documentary claims it's sugar causing massive rates of obesity

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"The Godfather" and its sequels have sadly lost a number of cast members over the years. Here are "The Godfather" actors you didn't know passed away.

The Godfather Actors You May Not Know Passed Away

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10-Day Detox Diet right now and get these great bonus gifts to jumpstart your program: In the Kitchen with Dr. Mark Hyman - in this 3-part online video series, ...

Why Overeating Doesn't Make You Fat

raise testosterone levels, and trigger

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acne, facial hair, and hair loss on the head, whereas highfat, lowcarb diets can reverse all that. By - Dr Mark Hyman ...

Six reasons why you should eat fat

After reading dozens of studies about each diet and "reading between the lines" of what's being presented, Dr. Mark Hyman, director of Cleveland

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Clinic's Center for Functional Medicine ...

What Is the Pegan Diet?

Dr. Mark Hyman confirmed the addicting nature of sugar ... Lawrence warns that high fructose corn syrup "does a number on blood sugar" and is found in products ranging from condiments to canned ...

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Sweet victory: 7 tips to give up sugar

Harrison to Kiyoshi Hyman and Casey Gathright Hyman ... Deroeck Living Trust, Dr. George M. Deroeck and Cara K. Doroek to William George and Mary Eileen Kelly, L1, Ferncrest Estates, \$385,000.

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REAL ESTATE TRANSACTIONS

To mark the release ... Dev Hynes' (aka Blood Orange) musical performance in the MCA's atrium, where desserts were served and dancing to a DJ followed. Co-chaired by Dr. Julius Few, D'Rita ...

Chance The Rapper

The great Dr. Richebacher opened my

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eyes to Austrian ... I've been a longtime enthusiast for Hyman Minsky's analysis. His work plays prominently in my analytical framework. Financial structures ...

Weekly Commentary: Archegos And Ponzi Finance

The executive director of the American

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Public Health Association, Dr. Georges Benjamin ... the protest near a downtown square where state ceremonies were taking place to mark the 2010 plane crash that ...

The Latest: Romanians protest restrictions as cases top 1M

Their debut cookbook, Eat Clean Play

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Dirty is a National Bestseller and their recently-launched namesake podcast features the voices of today's most influential industry tastemakers, including Jessica ...

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