



Great Nutrition: Dangerous Deviations and Deficiencies; What Everyone Should Know

Albert Githinji

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People are eating their way to the grave, some willingly, others ignorantly. Obesity, heart diseases, and diabetes are on the rise to name but a few. The food consumed daily contains the curse and the blessing. This book will help the reader to discern the difference and point the right nutritional direction. The reader will realize that he/ she has been walking a tight rope and now it is time to step on safety road of nutritional facts. This book brings in the right the deviation from correct diet that people are taking every day, and the recommended daily dietary requirements. The book gives the reader tell tale signs that he/she will experience at different age brackets of his/her life due to the nutritional gap, and therefore adjust accordingly. This is the best reward you can give to yourself.

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