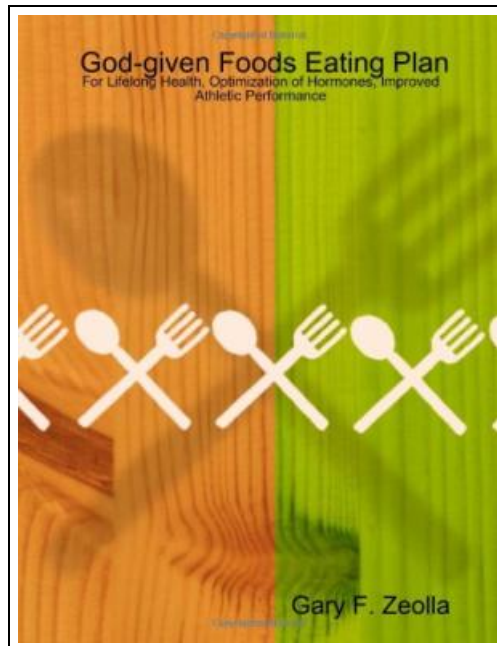


God-given Foods Eating Plan: For Lifelong Health, Optimization of Hormones, Improved Athletic Performance



Filesize: 6 MB

Reviews



Very good eBook and valuable one. Better than never, though I am quite late in starting to read this one. I am very easily satisfied with a published work.

(Brienne Heidenreich)

GOD-GIVEN FOODS EATING PLAN: FOR LIFELONG HEALTH, OPTIMIZATION OF HORMONES, IMPROVED ATHLETIC PERFORMANCE



Lulu.com, United States, 2007. Paperback. Book Condition: New. 277 x 203 mm. Language: English Brand New Book ***** Print on Demand *****.This book studies different food groups, with a chapter devoted to each major classification of foods. First the Biblical evidence is considered, then modern-day scientific research. Foods are classified as God-given foods and non-God-given foods. A healthy eating plan is composed of a variety of God-given foods and avoids non-God-given foods. Unlike other books on this subject, this book does not promote a vegetarian diet since God gave us meat for food, and meat-eating is assumed throughout Scripture, with no negative connotations. Moreover, meat, poultry, and fish can and should be included in a healthy eating plan. The proposed eating plan is also designed to optimize hormones, such as testosterone, growth hormone, and insulin. This can produce dramatic differences in a person's health and well-being and can lead to a gain in muscle mass and a loss of body fat. It can also lead to improved athletic performance. This book also looks at other aspects of athletic nutrition.

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CF4kids, United States, 2015. Paperback. Book Condition: New. 203 x 146 mm. Language: English . Brand New Book. At fifteen years of age, May Nicholson was an alcoholic and had even suffered an overdose-induced coma.

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BRILLIANCE AUDIO, United States, 2015. CD-Audio. Book Condition: New. Unabridged. 170 x 135 mm. Language: English . Brand New. Audie Award Finalist: Best Short Story Collection Bordertown: a city on the Border between the human

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Two Treatises: The Pearle of the Gospell, and the Pilgrims Profession to Which Is Added a Glasse for Gentlewomen to Dresse Themselves By. by Thomas Taylor Preacher of Gods Word to the Towne of Reding. (1624-1625)

Proquest, Eebo Editions, United States, 2010. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.EARLY HISTORY OF RELIGION. Imagine holding history in your hands. Now

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