

shattering the myth of fasting for women a review of - some links above may be my affiliate links which means i get a small commission if you click on it and make a purchase doing so is no additional cost to you but helps our team tremendously, **10 real life reasons why the primal blueprint works for me** - 256 thoughts on 10 real life reasons why the primal blueprint works for me, **dietary fiber is bad for sex that s the only claim about** - today s article is a guest post from konstantin monastyrsky of gutsense org in keeping with the mission statement of mark s daily apple to investigate discuss and critically rethink everything we ve assumed to be true about health and wellness i like to periodically give credible researchers who are challenging, **how clean eating made me fat but ice cream and subway** - the issue i have with this article is it is making food intake all about weight which it isn t your body is not going to get the same nutrients it gets from healthy food as it will from pizza and ice cream and stuff like that as long as you stick to a certain amount of carbs calories fats or whatever, **the cold thermogenesis protocol jackkruse com** - what is the next step in the evolution of the leptin rx the cold thermogenesis protocol should be added gradually to the leptin rx rest protocol this blog post is additive to the leptin rx and is an evolution extension of it for those who need it i hope you all realize that not everyone will, **the omad diet 180 degree health** - awww not so shiny is it unless you like gaining weight eating one miserable keto meal per day as always you can try omad if you like or fuckurmetaboism, **got digestive problems take it easy on the veggies** - a couple weeks ago i wrote an article called fodmaps could common foods be harming your digestive health i described how certain classes of foods known as fodmaps are poorly digested in certain people and can lead to gas bloating pain and changes in stool frequency and consistency studies have shown that conditions like irritable bowel syndrome ibs are associated with fodmap

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