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THE PARADIGM DIET



Createspace, United States, 2011. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****. THE PARADIGM DIET is a short, simple to read manual of applied nutrition for everyone - young, old, parents, and teens. With candor and humor, author Adam Dave, M.D. dispels dietary myths while providing the reader with the principles of proper nutrition. Next, from the premise that the ideal (Paradigm) diet should have six characteristics - maximally nutritious;...

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- Authored by M D Adam Dave
- Released at 2011



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