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By David Reuben M D

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Reuben. M.D., tells you the one simple change you can make in your diet that will give you medically-proven protection against colon and rectal cancer, heart attacks, appendicitis, diverticulosis, hemorrhoids, constipation and other diseases of civilization. This book guides you step-by-step in the easy and appetizing process of making your diet your shield against the disease.

In this history-making explanation of the high-fiber diet, Dr. Reuben has brought good health and long life to millions of Americans. For decades Medical Science was puzzled by the fact that Black Africans seemed to be immune from cancer of the colon and heart attacks and several other terrible diseases. They almost never came down with either of these 2 killer diseases. Among Black Africans hardly anyone gets colon cancer much less dies from it. But in the U.S. 140,000 people get colon cancer every year - and 50,000 of them die from it. Among Black Africans hardly anyone gets a heart attack much less dies from it. Every year 720,000 Americans have a heart attack and 380,000 of them die....



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