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A macrobiotic diet (or macrobiotics), A 1999 review said the macrobiotic diet was similar to the then USDA recommendations for healthy eating.

Paleolithic diet improved metabolic syndrome in

heart disease risk factors in folks with metabolic syndrome, to the healthy Dutch Health Council diet. with nuts helps improve metabolic syndrome.

A.j. parker (author of the blood type diet) -

A.J. Parker is the author of The Blood Type Diet (2.60 avg rating, 5 ratings, 1 review, published 2014), Paleo Diet For Beginners

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By changing your eating habits and becoming vegan will improve your health, help prevent disease, improve the based on the macrobiotic diet

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