



The Seventh-Day Diet: How the "Healthiest People in America" Live Better, Longer, Slimmer- And How You Can Too

Jan Hoffman, Chris Rucker

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The amazing seven-step total health and weight-loss program that has made Seventh-Day Adventists "the healthiest people in America." Study after study has shown that this group lives longer and has lower rates of cancer and coronary heart disease than the general population. Now anyone can realize these astonishing health benefits.



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