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by Don Orwell : **9: Slow Cooking for One: Over 175 Quick & Easy Gluten Free Low Cholesterol Whole Foods Slow Cooker Meals full of Antioxidants & Phytochemicals (Slow ... Weight Loss Transformation) (Volume 9)**

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FACT:Way too many of us live in a state of poor health, lethargy and moderate obesity. We live with headaches, back pain, inflammation, arthritis, high blood pressure, high cholesterol, diabetes, skin problems, insomnia and cancer – they're all the byproducts of modern western diet, based on processed food.

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