



THE E-FACTOR

DIET

by John Rowley



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The information presented is not intended for the treatment or prevention of disease, nor a substitute for medical treatment, nor as an alternative to medical advice.

This publication is presented for information purposes, to increase the public knowledge of developments in the field of strength and conditioning. The program outlined herein should not be adopted without a consultation with your health professional.

Use of the information provided is at the sole choice and risk of the reader. You must get your physician's approval before beginning this or any other exercise program.



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Right to the Point

In the following pages, you are going to learn some very simple solutions to nutrition that will shed fat, increase your energy, build muscle, stimulate your metabolism, improve your health and have you looking and feeling at least 10 years younger.

These are not “Super Secret” ninja nutrition techniques. They are simply the way you should have been eating all along. Sadly, humans are the only living creatures (to my knowledge) who will consistently eat something that makes them feel tired, sick, weak and awful. What makes this even worse is that humans have the ability to think and reason. They knowingly eat foods that affect not only the way they feel and look, but foods that are also slowly killing them.

Even with this knowledge, they continue to eat the very foods and drink the same liquids that are poisoning them and sending them to a slow grave. They keep eating and drinking these all while destroying their health and quality of life along the way; on purpose no less! I find this incredible ... and I bet you do as well.

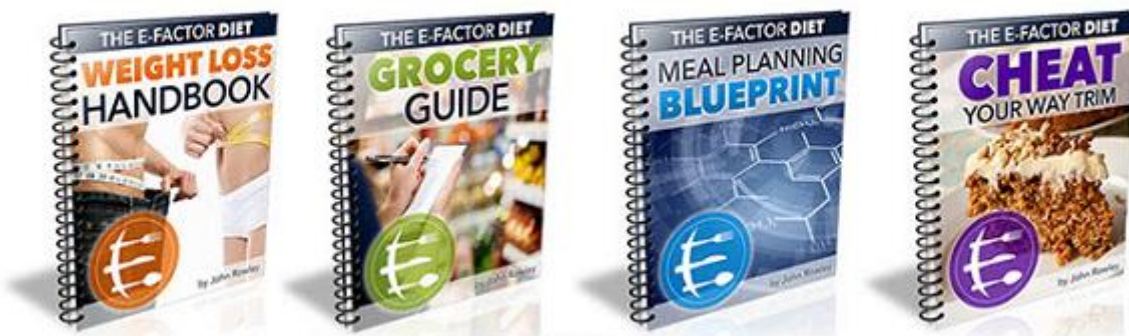
Ever know someone who has run out of dog food? We have. Sometimes the pet store is closed so we will have to get some dog food at the grocery store to get



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