



# **You and Your Diet (you and Your Health) (Volume 1)**

*Mr Martin J Hibbs*

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Whereas many diet books aim to channel the reader into a specific dietary regime, this book simply makes the readers aware of their options and the implications of eating certain types of food without undermining their confidence. The book makes clear that no foods are forbidden, but when eating certain foods, a degree of caution is required, especially where illness is concerned, or where weight loss is a required goal. This book contains clear and simple examples of the nutrients we require at each stage of our lives and generally if we are to stay healthy.

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