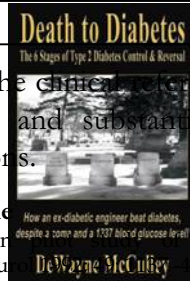


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- Diabetes Meals on the Run, Betty Wedman-St. Louis, PhD., R.D.
- Endocrinology: An Integrated Approach, Nussey, S.S. and Whitehead, S.A.
- Hallelujah: A Lifetime of Memories with Recipes, Maya Angelou
- Healthy Heart Longer Life, Joseph Goldstrich, M.D.
- Holy Lockdown, Jeremiah Camara
- The Insulin Control Diet, Calvin Ezrin, M.D., Robert Kowalski
- The Mind-Body Prescription, John E. Sarno, M.D.
- Natural Hormonal Enhancement, Rob Faigin
- The Power of Intention, Dr. Wayne Dyer
- Sugars That Heal: Science of Glyconutrients, Emil Mondo, Mindy Kitei
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- The Zone Diet, Barry Sears, M.D.
- The Garlic Cure, James Scheer, Lynn Allison, Charlie Fox

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The following is a list of the clinical references and resources that I used to help write this book and substantiate many of the claims and nutritional recommendations.

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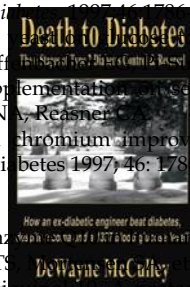
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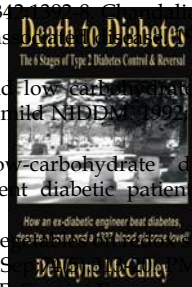
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