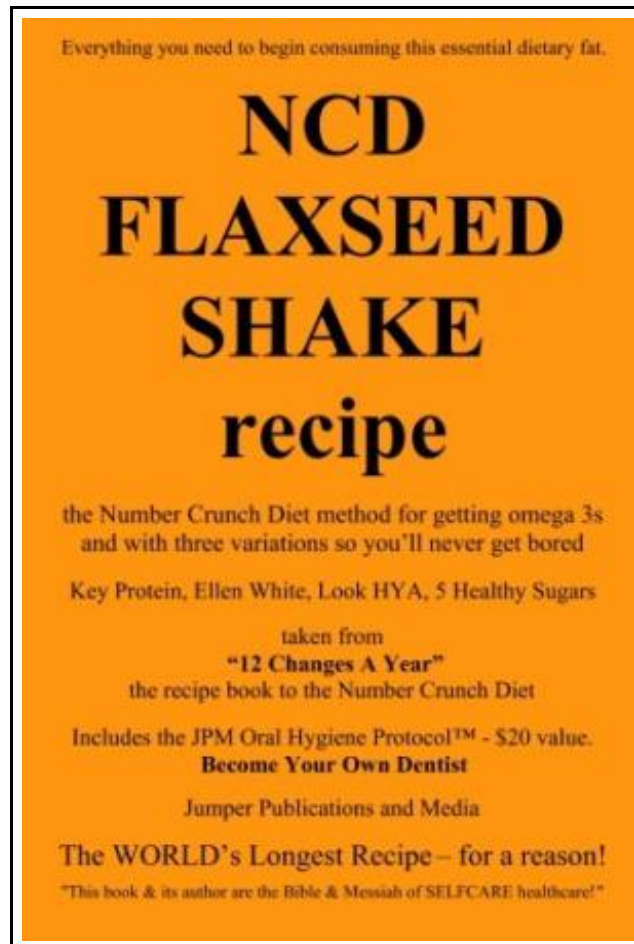


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Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.King Charlemagne passed a law that you had to eat flax seeds.* That was 1250 years ago. What did this 1 king know that the 99 didn t? *per WebMD and the Flax Council of Canada websites This is your solution to getting dietary Omega 3! - If you ve read ABC Water and the Number Crunch Diet then you know the two fats we need to seek out. This 44-page recipe gives you everything you need. And yes, the recipe is 44 pages! No fluff. I give you exactly what you need so that you can realistically consume 12 pounds of flaxseed a year - one bag per month. That equates to one kilogram of Omega-3 fat, or 2.2 lbs., or one million milligrams of omega-3 per year, equal to 4444 omega-3 fortified eggs. The average person is probably consuming one-tenth of that, at best. Are your symptoms rooted in omega-3 deficiency? How about Alkaline Deficiency? When s the last time you took cod liver oil? Jumper Publications and Media - where others give advice, we give the how-to Begin today on your journey to Independent Health through Selfcare Strategies. As a believer in the teachings of Ellen White and the Seventh-Day Adventists, read how her situation was misinterpreted and how the vegetarian diet, should I or shouldn t I, is finally cleared up. Protein Protein Protein, if you are into fitness and work out, you know about protein. Even doctors are now recommending protein powder to their patients. The NCD NEVER USES PROTEIN POWDER FOR ITS PROTEIN SOURCE. I figured out a better way. Find out in Chapter 4. Though this may be the longest recipe in the...



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