



# Your Poisoned Plate: Why you are fat, sick and tired

*Allan P. Frank*

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## **Your Poisoned Plate: Why you are fat, sick and tired** Allan P. Frank

Your Poisoned Plate tells you WHY you are fat, sick and tired but more importantly tells you HOW you can take back your health simply without any special gimmicks or pills. Written by a physician concerned that normal people have not received the research necessary to make informed choices about their food, Your Poisoned Plate explains why your food is causing your problems, why your food is NOT what you think it is, and how your food has been changed by science into something your body cannot digest and stay healthy. Patients who follow this advice have cured their chronic medical disease and reduced or eliminated their medications.

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