



# Destroyed for Lack of Knowledge: The Ultimate Health & Wellness Guide for the 21st Century

*Tom Pritchard*

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# Destroyed for Lack of Knowledge: The Ultimate Health & Wellness Guide for the 21st Century

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This book is an explanation of the Biblical food laws as outlined in the book of Leviticus ch.11, in relation to modern living & health, it also examines modern Medicine with its numerous drawbacks & side effects especially in the field of Cancer treatment, the book goes into some detail on the subject of Diet & the causes & treatment of Obesity as well as a comprehensive list of illnesses & diseases associated with poor nutrition & the consumption of unhealthy food, also included is a comprehensive list of herbal & metabolic treatments for these conditions as well as healthy Dietary regimes. Vaccines & the numerous body systems especially the Immune system is also studied, The food laws are common sense & are by far the easiest & most pleasant way to gain & maintain excellent health.

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