

**the unhealthy deadly foods industry la insana mortal** - 3 lies big food wants you to believe and the truth behind factory farmed meat 7 foods that should never cross your lips according to science eating too much salad now causes autism a leading cause of climate change that no one is talking about *espa ol alimentos falsos versus alimentos reales una cuesti n de vida o muerte*, **5 ways we re powerless against junk food marketers** - people speak jokingly about being addicted to junk food but that comparison might be more accurate than previously thought sugar has been shown to activate our brains in much the same way cocaine does and a study published last year indicates that people who reduce intake of highly processed foods can experience some of the same physical and psychological symptoms as people who are, **high carb foods proven to reverse insulin resistance** - did you know that high carb foods eaten in the context of a low fat diet have been proven by evidence based research to reverse insulin resistance and type 2 diabetes in this article find out exactly what high carb foods are excellent choices for your diabetes health, **vegan vs keto for diabetes optimising nutrition** - vegan vs keto for diabetes i recently watched the mastering diabetes teleseminar on ketogenic diets with high hopes of picking up some gems of wisdom from the rising stars of the plant based diabetes community, **por qu la comida ha perdido sabor y qu ocurre cuando** - hasta hace unas d cadas lo nico que sab a a fresa era una fresa ahora las estanter as del supermercado est n repletas de productos que imitan su sabor desde yogures bebibles a galletas infantiles desde barritas de cereales a golosinas de animales

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