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Breaking the Food Seduction reads very much like a prequel to Kick Starter. It gives you the context to what shapes his phi I found this book to be very valuable. I had read the popular "21-Day Kick Starter Diet" (a low-fat vegan manifesto about resetting your taste buds to healthier choices) and had tried and failed at the Kick Starter, though I did notice some benefits while I was trying it.

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Breaking the Food Seduction Book. Science Inspired. Linda Carney MD. September 21, 2013 3245 Hits. 0 Comments . For those of us that have already made the switch to a whole-food, nutrient-dense, Starch-SmartÂ© diet, I think we would mostly agree that cheese was the hardest food item to remove from our diets. It melts so nicely, and makes everything taste so much better, right? Remember how ...

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