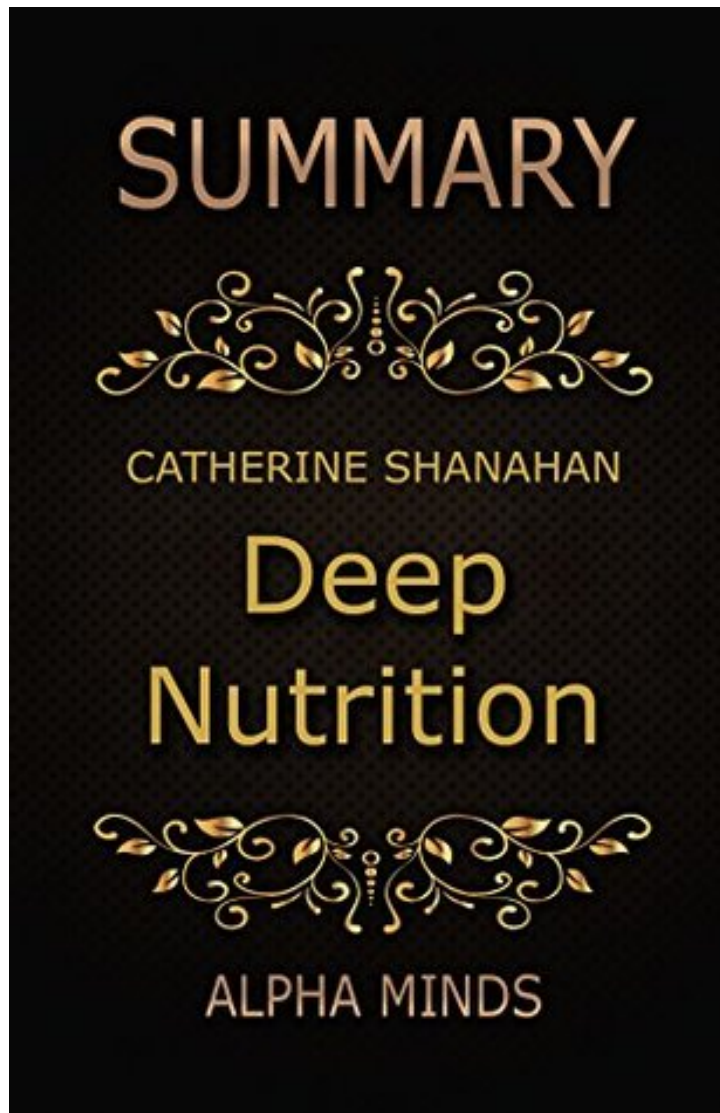


Summary: Deep Nutrition by Catherine Shanahan: Why Your Genes Need Traditional Food



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This book summary is created for individuals who want to flesh out the essential contents but are too busy to go through the entire book.

This book is not intended to replace the original book.

Cate Shanahan, M.D. is not your ordinary doctor. A physician and biochemist, Dr. Cate has examined diets such as the Mediterranean, Okinawa, and "Blue Zone"—diets known around the world known to help people live longer, healthier lives. Developed over millennia, Dr. Cate believes that these strategies cut through today's culture of conflicting nutritional ideologies and have the ability to produce strong, healthy, intelligent children, as well as active, vital elders throughout generations. Wait no more, take action and get this book now!

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