



The World's Oldest Diet Plan - Ancient Secrets of the Fountain of Youth: Mystery Revealed

Lelah Sullivan, AKA Shana Cohen

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The World's Oldest Diet Plan explains the dietary customs and health practices that are mentioned in my book, Ode To Mothers.

Although these traditions were originally passed down for generations on faith alone, in this book I have substantiated the practices with the scientific facts where possible, to give readers understanding and confidence to trust in these ancient and yet thoroughly modern laws of health.

This book is about the relationship between good health and proper diet. Many factors affect our health, especially today in the artificial environment that we have created for ourselves. Good health is fundamental to a good life and a good diet is fundamental to good health. These things are inseparable no matter how much we might wish it to be otherwise.

Explained herein are the methods as well as the reasons behind the customs that Grandmother Chavah claims allows members of her family to live a much longer than average lifespan while remaining healthy and active to the end of that long life.



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