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The Golden Ratio Lifestyle Diet is Nature's universal code for robust health and longevity. The Diet is based on a fascinating formula—the Golden Ratio—that when applied to anything, creates greater beauty, unity, efficiency, value and

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Lifestyle Diet
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(2nd Ed.) Robert
Friedman, M.D. &
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2016, Hoshin Media
Company, Stamford,
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The Golden Ratio
Lifestyle Diet takes a
unique approach to

wellness by incorporating information from a variety of scientific disciplines to explore longevity. Right from the get-go, the introduction lets readers know that this is not your run-of-the-mill lifestyle health plan.

The Golden Ratio

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Lifestyle Diet:

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Golden Ratio

Lifestyle Diet, Cross
and Friedman

collaborated on two

other guides to

accessing the

benefits of the ratio.

After 10 years of

collaboration, the

two experts

compiled The

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Lifestyle Diet

Golden Ratio
Lifestyle Diet. The
remarkable book

integrates the

Golden Ratio into

the fields of

physiology,

nutrition, health, and

human performance.

The Golden Ratio

Lifestyle Diet by

Robert Friedman

The Golden Ratio

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Lifestyle Diet is Nature's universal code for robust health and longevity. The Diet is based on a fascinating formula- the Golden Ratio- that when applied to anything, creates greater beauty, unity, efficiency, value and success- a greater whole

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Lifestyle Diet
Upgrade Your Life

exceeding the sum of its parts.

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Potential For

Could The Golden

Ratio Be The

Answer to

Improving Your

Health?

the golden ratio

When it comes to

actually following

The Diet Code

program, the

practice is much

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simpler than the theory. But the Golden Ratio, the formula underlying The Diet Code, is rooted not only in the history of mathematics, but also in the origins of the universe.

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longevity. The Diet
is based on a
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formula--the Golden
Ratio--that when
applied to anything,
creates greater
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efficiency, value and
success--a greater
whole The power to
activate your
genetic potential for
maximum quality

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and quantity of life
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is in your hands.

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was perfect RIGHT?

Wrong. Clearly
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daily diet was
causing my Lupus
symptoms to reach

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Lifestyle Diet takes a
unique approach to
wellness by
incorporating
information from a
variety of scientific
disciplines to
explore longevity.

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who gilds with gold
and uses patterns,
symbolism, and
iconography to
address grand
archetypes and
concepts of infinity,
greatness, and ...

The Golden Ratio -
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Prior to penning The
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Lifestyle Diet, Cross

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Lifestyle Diet
and Friedman

collaborated on two
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accessing the
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After 10 years of
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Lifestyle Diet. The
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Lifestyle is a

Upgrade Your Life
necessary read for
anyone who is

serious about their
health. This is a
book that

comprehensively
examines and
prioritizes all
aspects of health in
ways I have not
encountered before.
I found this to be a

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