



The Food Zombie: A Health Apocalypse Survival Guide: Using Probiotics, Fresh Eating, and Exercise to Lose Weight and Feel Alive Again.

C.B. Kavati

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Our bodies are not functioning properly after years of nutritional and emotional distress. The Food Zombie, A Health Apocalypse Survival Guide, lays out an effective approach through straightforward health hacks that will transform your body and mind. It is time to start feeling alive again.

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