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Nutrition and Physical Degeneration

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Nutrition and Physical Degeneration

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Nutrition and Physical Degeneration Weston Andrew Price
First published in 1939, this seminal book startled the worlds of science and nutrition with its documented evidence of primitive populations encountering civilisation, adopting modern diets, and finding that their health worsened. It remains the basic book in this area and is essential reading for those concerned with food and health.

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