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Golden Ratio—that when applied to anything, creates greater beauty, unity, efficiency, value and success—a greater whole exceeding the sum of its parts.

The Golden Ratio Lifestyle Diet: Upgrade Your Life & Tap ...  
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Friedman M.D., Robert Cross,  
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The Golden Ratio Lifestyle Diet, by Robert Friedman MD and ...  
Get this from a library! The golden ratio lifestyle diet : upgrade your life & tap your genetic potential for ultimate health, beauty & longevity. [Robert Friedman; Matthew Cross]

The golden ratio lifestyle diet : upgrade your life & tap ...  
I opened the Golden Ratio Lifestyle Diet to do one of the exercises in chapter 10 but I really



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Enjoyed reading the Author's Notes so I decided to start at chapter 1. It was hard to put it down because I was learning about so many things, it was like getting a natural prescription on how to take better care of yourself from head to toe (on the ...

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the golden ratio When it comes to actually following The Diet Code program, the practice is much 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.

The Golden Ratio - Diet Code

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Put simply, NSN stands for the application of the Golden Ratio to your diet and lifestyle. The idea is similar to the diet devised by Stephen LanzaLotta, but the ideas proposed by Cross and Freidman go much farther than the food you put on your plate. Both men were drawn powerfully to the power and potential of the Golden Ratio. By

Could The Golden Ratio Be The Answer to Improving Your Health? 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 success-a greater whole exceeding the sum of its parts.

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