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The Golden Ratio Lifestyle Diet by Robert Friedman

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I opened the Golden Ratio Lifestyle Diet to do one of the exercises in chapter 10 but I really enjoyed

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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

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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The Golden Ratio Lifestyle Diet takes a unique approach to wellness by incorporating information from a variety of scientific disciplines to explore longevity. The Golden Ratio Lifestyle Diet The lifestyle diet plan has left all others in the shade, offering the allure of a quick-fix weight loss plan that still allows followers to devour great lumps of steak and plates of fry ups.