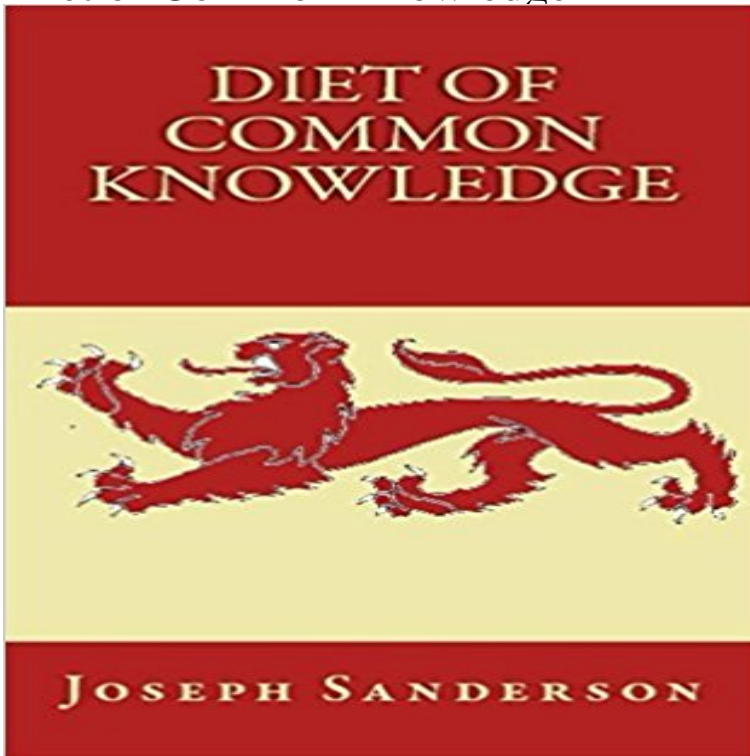


## Diet of Common Knowledge



The common knowledge of diet is a guide to healthy living in rare form. It offers a guide to stick to which allows you to make very few changes in your life, and even encourages more flexibility in your daily routines.

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