

ARTHRITIS

Childers' Diet That Stops It!

Norman F. Childers

AVOID THESE RIGIDLY—



Elim Cereals. Try to avoid meat, poultry, fish, eggs, dairy products. Avoid alcohol, A. products. Please consider vitamins D for some time periods.

The Nightshades, Ill Health, Aging, And Shorter Life
Food Nightshades are close relatives to the Tobacco Nightshade

Arthritis the Diet That Stops It The Nightshades Aging And No 1 Health Problem

Norman Franklin Childers



Arthritis the Diet That Stops It The Nightshades Aging And No 1 Health Problem:

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