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The Self Improvement Show Archives Available April 5th 2012: The Happiness Diet

Hippocrates said, and I paraphrase: "Let medicine be your food and food be your medicine." Hippocrates would love Dr. Drew Ramsey who wrote the book, The Happiness Diet: A Nutritional Prescription for a Sharp Brain, Balanced Mood, and Lean, Energized Body. Dr. Ramsey will discuss how our food is making us sick and what we can do about it. Not only does he explain clearly why we should avoid processed foods but tells you the kind of foods that will enhance your mental clarity and physical well-being. And he gives you easy and tasty recipes that you can make to be sure you're getting the nutrien

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