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The 2010 Dietary Guidelines are intended to be used in developing educational materials and aiding policymakers in designing and carrying out nutrition-related programs, including Federal

### **Dietary Guidelines for Americans 2010 - health.gov**

HOW NOT TO DIE: The Role of Diet in Preventing, Arresting, & Reversing Our Top 15 Killers

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The Paleolithic diet, Paleo diet, caveman diet, or stone-age diet is a modern fad diet requiring the sole or predominant consumption of foods presumed to have been the only foods available to or consumed by humans during the Paleolithic era.. The digestive abilities of anatomically modern humans, however, are different from those of Paleolithic humans, which undermines the diet's core premise.

### **Paleolithic diet - Wikipedia**

Alkaline diet (also known as the alkaline ash diet, alkaline acid diet, acid ash diet, and acid alkaline diet) describes a group of loosely related diets based on the misconception that different types of food can have an effect on the pH balance of the body. It originated from the acid ash hypothesis, which primarily related to osteoporosis research.

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