



Seventh-Day Diet: A Practical Plan to Apply the Adventist Lifestyle to Live Longer, Healthier, and Slimmer in the 21st Century

Chris Rucker

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Ready for a new adventure in wellness? Take a fresh look at the Adventist lifestyle and find the quality of life you were meant to have!

Known for their holistic approach to health and spirituality, Adventists have been leading the way in good nutrition for over a century. Now, the word is out. Seventh-day Adventists are the healthiest group of people in America! Scientific studies have proven their longer life expectancy and lower incidence of heart disease and cancer.

In the Seventh-day Diet you'll get the full benefit of Chris Rucker's more than 20 years of study and practice as a Seventh-day Adventist health educator. Here's your opportunity to attend Chris's popular weight loss and healthy living classes through the pages of this book. Whether you're new to the Adventist lifestyle, or have known about it all your life, you will love this guilt-free approach designed to help you achieve your goal of healthier, slimmer, and happier living.

Book Specs

Paper Back

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