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# The Culprit & The Cure

Why lifestyle is the culprit behind America's poor health and how transforming that lifestyle can be the cure.

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## The Culprit & The Cure Truly Transforms The Lives of Readers As They:

- ▶ Learn how life span and the risk of chronic diseases are determined by lifestyle choices
- ▶ Understand how science has solved much of the good health puzzle
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- ▶ Experience health and quality living in ways they never thought possible

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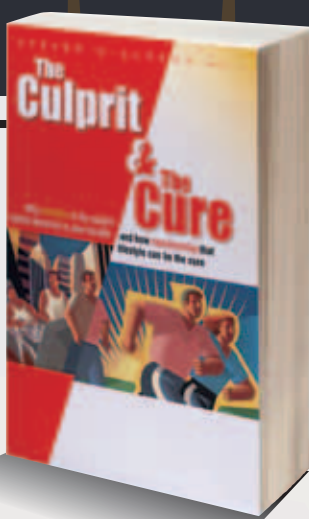
— Walter C. Willett, MD  
Chair of Nutrition  
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— David Hunnicutt, PhD  
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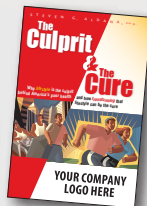
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