

A New Way Of Eating From The Fit For Life Kitchen
By Marilyn Diamond

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Change of plans: a new way of eating

We all know what they say about best laid plans sometimes now matter how good our intentions, things just go awry. My goal for this month was to cook dinner for

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As a chemist, I want to clarify that you cannot eat a "chemical free" diet which would mean you could eat nothing. Everything is a chemical, including water.

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