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Eat Rich, Live Long is the fitness, dieting and health book which tells the various secrets to attain the ultimate fitness in your life. Ivor Cummins is the author of this remarkable book. This book provides the natural method to transform your health through carbs and millions of people are using this technique.

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Not only will that support our efforts into the future – you™ also have all you need to know for you and your family – empowering them to eat rich and live long! A special note of appreciation to David Bobbett and the IHDA , without whom the professional editing and publisher acquisition would not have been feasible.

### **Eat Rich, Live Long - Publishing on Feb 27th, 2018**

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### **Eat Rich Live Long: 10 Key Rules For Optimum Health and**

Eat Rich, Live Long: Mastering the Low-Carb & Keto Spectrum for Weight Loss and Longevity review [Book] 2018-3-10 18:1. So excited to keep this very informative and well written book by Ivor Cummins and Dr Jeffrey Gerber. The layout is very nice and colourful with images of each dish in the recipes chapter. Soft paper cover, 400 pages.

### **Eat Rich, Live Long: Mastering the Low Reviews, Rating**

Keto - 10 Basics from Eat Rich and Live Long - Duration: 14:09. Pearls of Wisdom and Food with Keto 1,603 views. 14:09. 5 EXTREMELY RICH PEOPLE WHO LIVE AS POOR - Duration: 4:34.

### **Eat Rich, Live Long**

The unique nutritional program outlined in Eat Rich, Live Long is designed by experts to help you feel great while you eat delicious and satisfying foods. Millions of people have gotten healthy through low-carb plans over the years--and a growing number have discovered the wonderful benefits of ketogenic (Keto) nutrition.

### **Eat Rich, Live Long: Mastering the Low-Carb & Keto**

The heart of Eat Rich, Live Long is the book's prescriptive program, which includes a 7-day eating plan, a 14-day eating plan, and more than 50 gourmet-quality low-carb high-fat recipes -- illustrated with gorgeous full-color photographs -- for breakfasts, lunches, appetizers, snacks, dinners, drinks, and desserts. Low-carb never tasted so good!

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