

## INTRODUCTION

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## CHAPTER 1: HOW I ARRIVED AT THE SAPIENS DIET

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## CHAPTER 2: THE MAGIC OF MEAT

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## CHAPTER 7: VITAMIN C AND THE FRUITLESS DIET

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## **CHAPTER 8: FREE THE RADICALS – THE ANTIOXIDANT AND SUPPLEMENTS MYTHS**

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## **CHAPTER 9: WHY VEGANS HAVE SMALLER BRAINS**

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## **CHAPTER 10: JUST STOP VEGETABLE OIL**

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