



The Live It Lifestyle: Dropping Diets Forever

Ronnie Landis

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The live it lifestyle is the most intriguing and unique approach to navigating through the cooked up confusion of the diet world. The world of health & nutrition literature is saturated with propaganda, restriction, repackaged information, and ultimately a disconnect from common sense. The information contained in this book is operating in the direction of nature's most obvious yet left out piece, raw living plant based and super food nutrition. Everyone has the capacity to shed all the weight, to radically improve their immune system, remove all dis-ease, increase clarity, activate their life purpose while enjoying the process!

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