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THE BULLETPROOF DIET

"The KEY SUMMARY to The Bulletproof Diet by Dave Asprey" This summary will help you cut the fluff and get right into the key messages of the book. You'll feel like you've read the entire book!

[KEY SUMMARY] The Bulletproof Diet - Rakuten Kobo

The Bulletproof Diet Summary MicroSummary : David Asprey is an entrepreneur, investor, and author who lives in Silicon Valley. Before writing his book, Dave was obese, and his doctors said he was at high risk of having a stroke or having a heart attack.

The Bulletproof Diet Summary - Dave Asprey | Download PDF

The Bulletproof Diet is an anti-inflammatory program for hunger-free, rapid weight loss and peak performance. It was developed by biohacker Dave Asprey based on research findings that that ...

Everything You Need to Know About the Bulletproof® Diet

In this summary, you will learn. How your diet, environment and lifestyle affect your brain; and How to implement the two-week "Head Strong" program.

Head Strong Summary | Dave Asprey | PDF Download

Bulletproof Intermittent Fasting basically tells a woman's body that it's time for autophagy (cellular cleanup) and rapid fat loss (ketosis), but it preserves adrenal function more than normal IF.

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