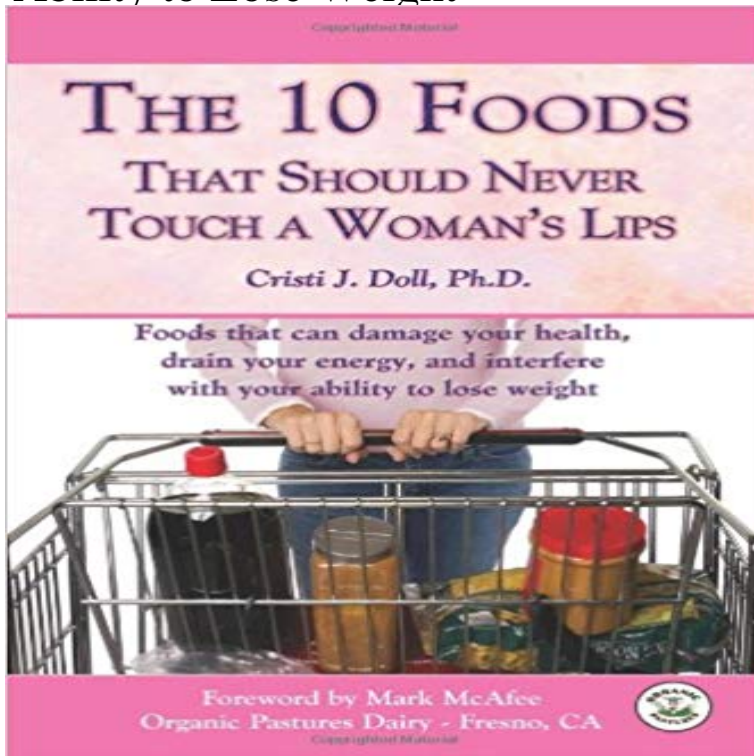


The 10 Foods That Should Never Touch a Woman's Lips: Foods That Can Damage Your Health, Drain Your Energy, and Interfere with Your Ability to Lose Weight



American women are trapped inside what Dr. Doll calls, The Toxic Cloud of Dietary Confusion. This cloud fogs their ability to recognize healthy foods and keeps them ensnared in destructive eating patterns. The 10 Foods That Should Never Touch a Woman's Lips helps women connect their poor food choices to patterns of ill health, periods of exhaustion, and their inability to lose weight and keep it off.

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