



# **The Seven Deadly Whites: Evolution to Devolution - The Rise of The Diseases Of Civilization**

*Karl Elliot-Gough*

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It is the author's firm belief that the ingredients of the food we eat today play a significant role in the increase in the diseases of civilization (cancer, heart disease, diabetes, depression, dementia, ADD and more). It is both the ingredients of our food and what is missing from these ingredients that is having a profound effect upon our health. The Seven Deadly Whites (sugar, milk, flour, fats/oils, salt, rice and lies) is a book that concerns everyone, so it has been written for everyone, in as clear, un-jargoned vernacular as possible.

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