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Sacred Cow: The Nutritional, Environmental, and Ethical Case for Better Meat von Wright-Locke Farm vor 1 Jahr 1 Stunde, 7 Minuten 12.860 Aufrufe Red meat is vilified as unhealthy and unsustainable while the plant-based diet is seen as ideal. But is there more to the

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#### Experts Weigh In: Dairy Does a Body Bad, Pro Team Edition

Experts Weigh In: Dairy Does a Body Bad, Pro Team Edition von Switch4Good vor 3 Monaten 59 Minuten 434 Aufrufe On September 24, 2020, Switch4Good hosted an exclusive Zoom Roundtable to introduce its revolutionary scientific report, Dairy ...

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Do CALORIES Really COUNT? | See Your \"ABS\" ASAP! | Live Chat von THE DOLCE DIET vor 1 Jahr gestreamt 1 Stunde, 2 Minuten 1.777 Aufrufe Mike explains exactly how to uncover your abs! ↓ The Dolce Diet Links: ☐ WORK WITH MIKE!

#### Jonathan Bailor - Breaking your bodyweight setpoint

Jonathan Bailor - Breaking your bodyweight setpoint von Allan Misner vor 2 Jahren 53 Minuten 218 Aufrufe Today we learn what to do when you're doing everything right but the weight just won't come off. Our guest today is Jonathan ...

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