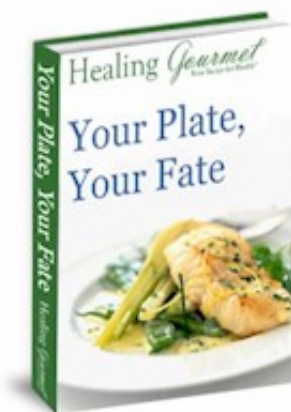


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# Your Plate, Your Fate Product Review



[Your Plate, Your Fate](#) is an eBook authored by Kelly Herring of the Healing Gourmet. Through her own illness, Kelly discovered that doctors of our Western society were trained to treat symptoms of disease and illness; not actually try to heal them. After months of seeing different doctors for her illness and only being prescribed this medicine and that medicine with no healing in sight, Kelly, being a pre-med student, decided to take matters into her own hands.

After her journey of discovering what was actually causing her illness, basically food allergies and a sensitivity to the preservatives in processed meat, Kelly began another journey of helping others heal and prevent diseases such as diabetes, heart attack, stroke, Alzheimer's, and cancer.

In the book, "[Your Plate, Your Fate](#)" you quickly learn how to locate information by topic or condition, as well as familiarize yourself with the content found in the rest of the series. "Your Plate, Your Fate" is a Quick Start Guide, the first in a series of 7 eBooks all dedicated to helping you heal and prevent disease.

Each book in the rest of the series concentrates on a specific area including: Antioxidants, Organics, Fats, Low-Glycemic, Your Body's Ecosystem, and Smart Cooking. In each of the books, Kelly teaches you how to determine the good stuff from the bad stuff found in much of our foods as well as in the utensils used to cook your food in.

The 7 eBook series is delivered right to your computer as soon as you order, so it's quick and easy to begin your journey to a healthier you. It's also very cost effective at only \$67. That's under \$9 a book! But she doesn't stop there.

You also get 3 more bonus eBooks: "**Are you Depleted by Drugs**", "**Your Kitchen Cleanse**" and "**20 Lifesaving Tests your Doctor Hasn't Performed (And Should!)**". These have a value over \$30, but Kelly is giving them to you for free with your purchase of "Your Plate, Your Fate".

If you're sick of being sick and want to start feeling better today, I highly recommend you order "[Your Plate, Your Fate](#)". It is risk free and if you don't start seeing the results you expect within 60 days, Kelly will refund every penny. Get on the road to healing now!

[Click Here to Restore Your Health with the Your Plate, Your Fate Health Transformation System](#)

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