



# The Diet Solution: Weight Loss, Wellness and the Word of Wisdom

*Peggy J. Hughes*

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**The Diet Solution: Weight Loss, Wellness and the Word of Wisdom** Peggy J. Hughes

While the Word of Wisdom serves as an excellent dietary standard, many members of the church use it only as a standard for things to avoid. This book, *The Diet Solution*, outlines suggestions of foods for a daily diet congruent with the Word of Wisdom.

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