



Guess What Came to Dinner?: Parasites and Your Health

Ann Louise Gittleman Ph.D. CNS

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Are you having difficulty shaking an illness? Have you been feeling chronically tired and listless? Do you have a health problem your doctor can't identify? The cause may be parasites in your body. If you think that parasitic diseases happen only to people in Third World Countries, think again. The rate of parasite-related disorders in North American is skyrocketing.

In this completely revised and updated edition of the most authoritative book on the subject for consumers, renowned nutritionist Ann Louise Gittleman gives the information you need to know to ward off unwelcome organisms. *Guess What Came to Dinner?* explains what parasites are, why they are harmful, and how they are spread. Most importantly, she offers tips on creating a parasite-proof diet and lifestyle. *What Came to Dinner?* is the indispensable guide to protecting yourself and your loved ones from this hidden epidemic.

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