

AMS Diet
program
(The more natural cleansing diet
for you)



This AMS Diet program works with your personal body metabolism based upon your birthdate!



This AMS Diet program will point out the foods that are more important for your personal body metabolism, and thus for your personal health and well being.



About this AMS Diet program:

The author of this program has assembled the original version of this program, and has been using this diet program since, at least 1988.

This author, through the years, has also enticed others to use this diet program. These other individuals have also experienced the same effects of this diet program as this author has experienced.





The author's claims for this diet program:

The only cost while using this program will be the every day cost of buying your groceries at any store where you already buy your food.

This diet:

Helps you improve your health with more proper nutrition for you.

Helps maintain a healthier and more proper weight for you.

Helps eliminate constipation, without drugs, by stimulating your digestive system to operate more efficiently.

Helps control blood pressure.

Helps reduce/eliminate acid reflux.

Proper nutrition can help the nervous system, thus helping the individual to be more vibrant, calm and relaxed.

Since we know that proper diet helps control/eliminate diebeties, this diet is likely to improve such.







AMS Diet example – Hillary Rodham Clinton:

AMS_Diet12WIN

Basic diet intake for HILLARY CLINTON DOB: 10/26/1947 should--EMPHESIZE the intake of --WATER--Especially in the form of RAW FRUITS and VEGETABLES and/or veggie burgers.

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AMS Diet example – Hillary Rodham Clinton:

AMS_Diet12WIN
Foods that HILLARY CLINTON DOB: 10/26/1947 should probably AVOID CARBOHYDRATESEspecially Potatos & Starchy Vegetables! Your metabolism does not digest these well.
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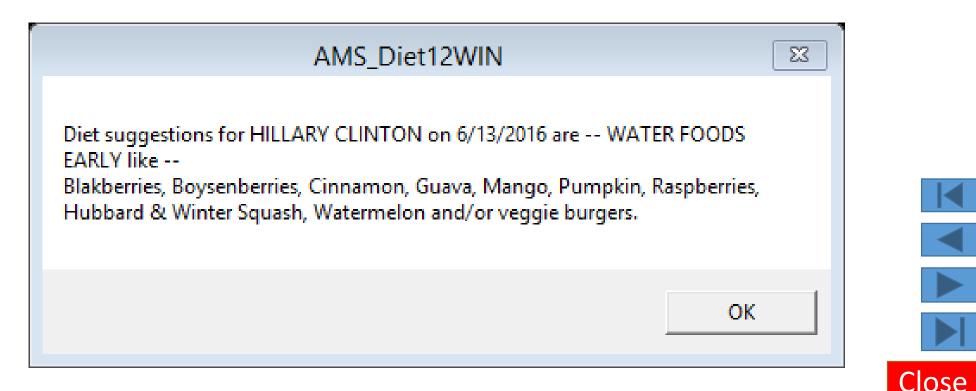


AMS Diet example – Hillary Rodham Clinton:

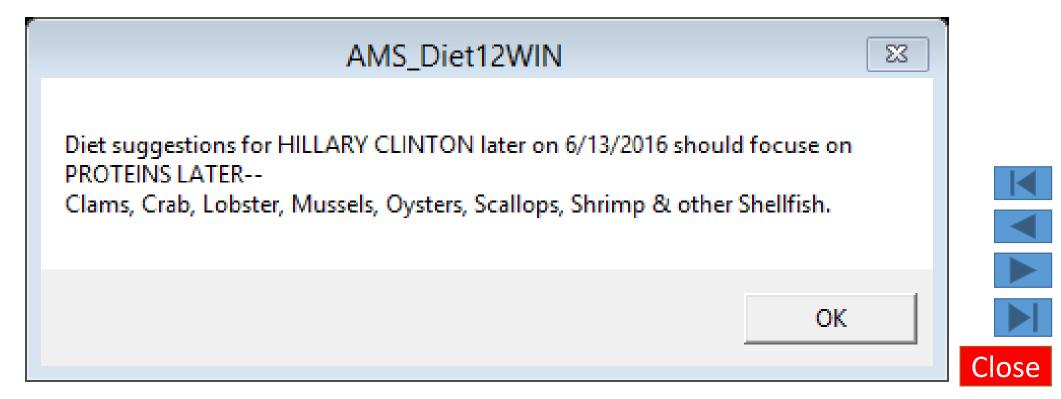
AMS_Diet12WIN	83
Metabolic times for HILLARY CLINTON are PEAK - 08:00P.M. to 10:00P.M., SECONDARY - 04:00A.M. to 06:00A.M. and NOON to 02:00P.M. All times are STANDARD TIME at your PLACE OF BIRTH!	
OK	

Close

AMS Diet example – Hillary Rodham Clinton:



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