



disability ... - The following estimates represent citizens killed or starved to death by their own Communist governments since 1918. These numbers do not include war dead. The governments are sorted by body count (highest to lowest). All numbers are mid-estimates. While this list is as complete as I have been able to determine, it is evolving. Some

Communist Body Count - scottmanning.com - I am always open to new information, but I am really sorry to say that the information provided here is often outdated and mostly inaccurate. First of all, there is a recent study that shows nori (algae " Porphyra yezoensis) contains a significant amount of bioactive vitamin B12, not the inactive analogues.

Myths of Vegetarianism - The Weston A. Price Foundation -

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