

eBookに付いて

Kindle (Amazon)



何処でも使える : Mac, Windows, iPhone, iPad, Android, Kindle Reader

iBooks (Apple)



Mac, iPhoneとiPadのみ

両方は殆ど同じ機能があります。Kindle
ブックストアの本の方が多いです：
1,000,000以上の本です。Apple iBooksス
トアは1/10の数です。

（１）本を買って、読める。

（２）同期するから、一つのデバイスで
読み始めて、別のデバイスで続けられま
す。

（３）たてでもよこでも読めます。

（４）ブックマーク、辞書、ハイライトが
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対応するファイル：

.mobi = Kindle専用のフォーマット

.epub = 無料の本の一般のフォーマット

.pdf = ポータブル・ドキュメント・フォーマット

Kindleの同期：アマゾンのアカウント

ヒント：アマゾンプライムメンバーなら、無料の本も雑誌もあります。

iBooksの同期：Apple ID

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Amazon Kindle

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2.9 ★★☆☆☆

2.61K Ratings

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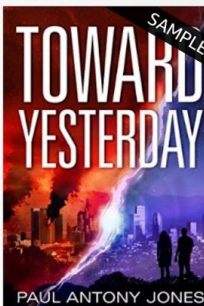
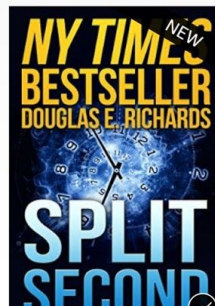
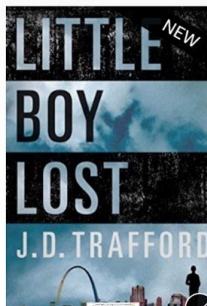
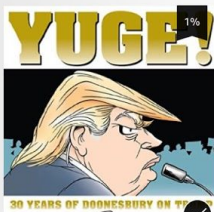
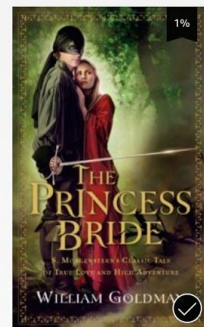
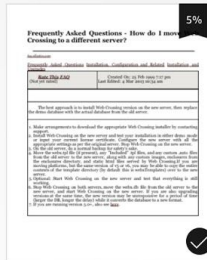
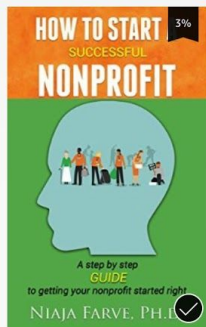
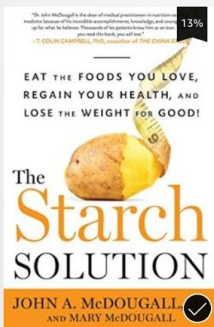
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Chapter 3

8:05 PM

THE STARCH SOLUTION: EAT THE FOODS YOU LOVE, REGAIN YOUR HEALTH, AN...

CHAPTER 3

Five Major Poisons Found in Animal Foods

The benefits of a starch-based diet go far beyond controlling weight and improving personal appearance. Choosing starch over animal foods to meet your energy and nutritional needs protects you from a wide range of illnesses and injuries that come bundled with a typical Western diet. If I sound

dramatic when I talk about the dangers of what you are eating it's because this is serious business, and I am by profession a medical doctor. The balanced diet most people take for granted as being healthy—and that is endorsed by medical experts and the USDA—is actually toxic to humans.

When we think about food being harmful, our first concern is that it will make us feel sick immediately after we eat. You probably learned the painful lesson as a child that it's not a great idea to go to a carnival and stuff yourself full of corn dogs and cotton candy, then take a ride on the Ferris wheel. If you travel, you may have taken along a pink bottle of Pepto-Bismol to ward off unfamiliar bacteria. Perhaps you follow the news and avoid foods that cause food poison-

4 hrs and 45 mins left in book

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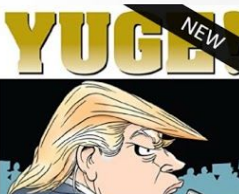
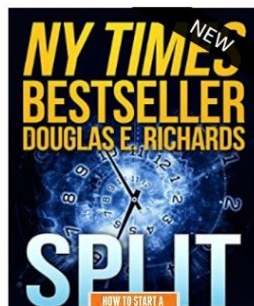
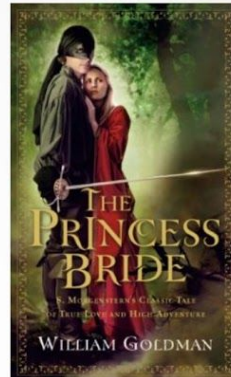
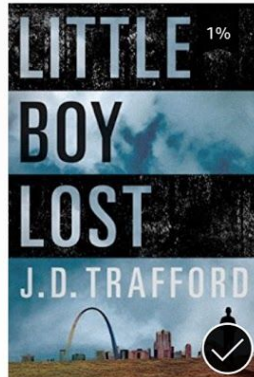
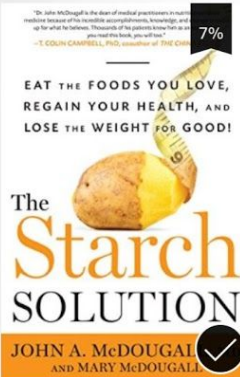
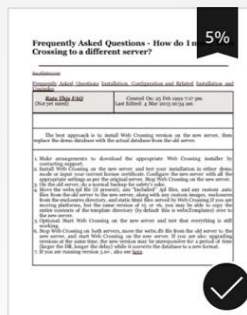
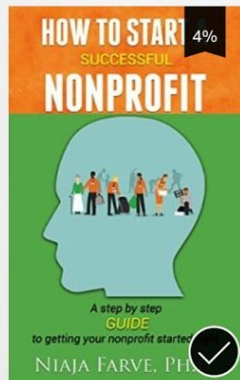
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CHAPTER 3

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- 辞書
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- ビューオプション
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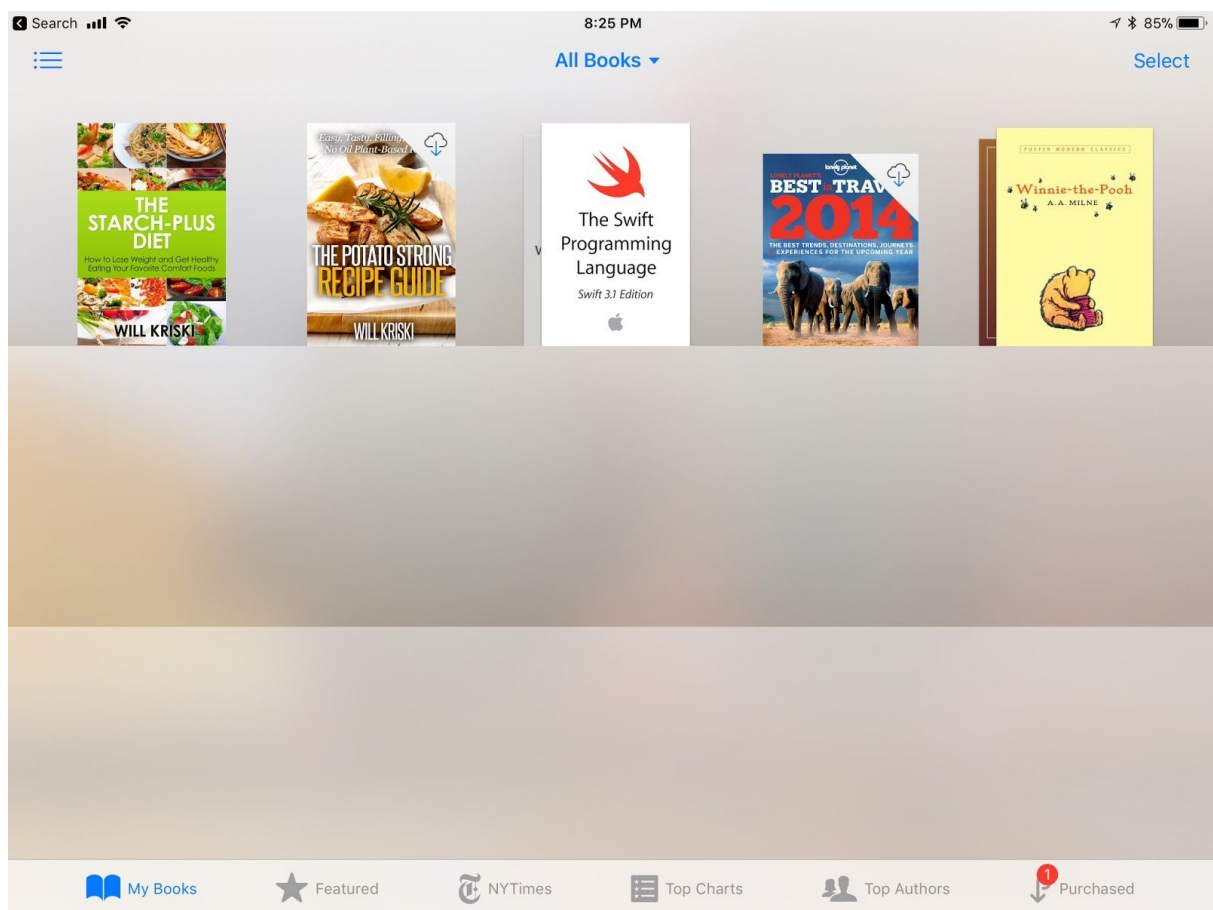
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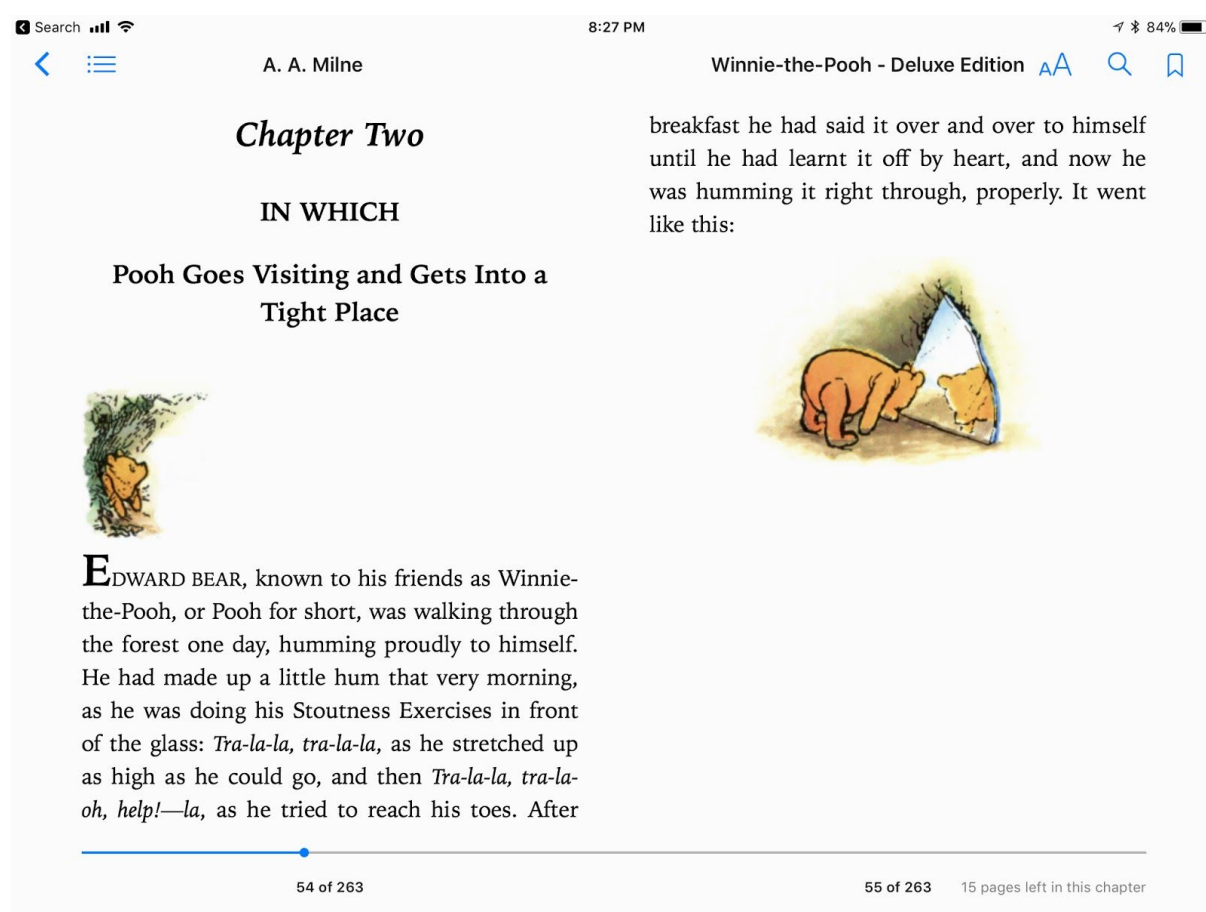
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概念はKindleと同じです。もっと綺麗な . . .

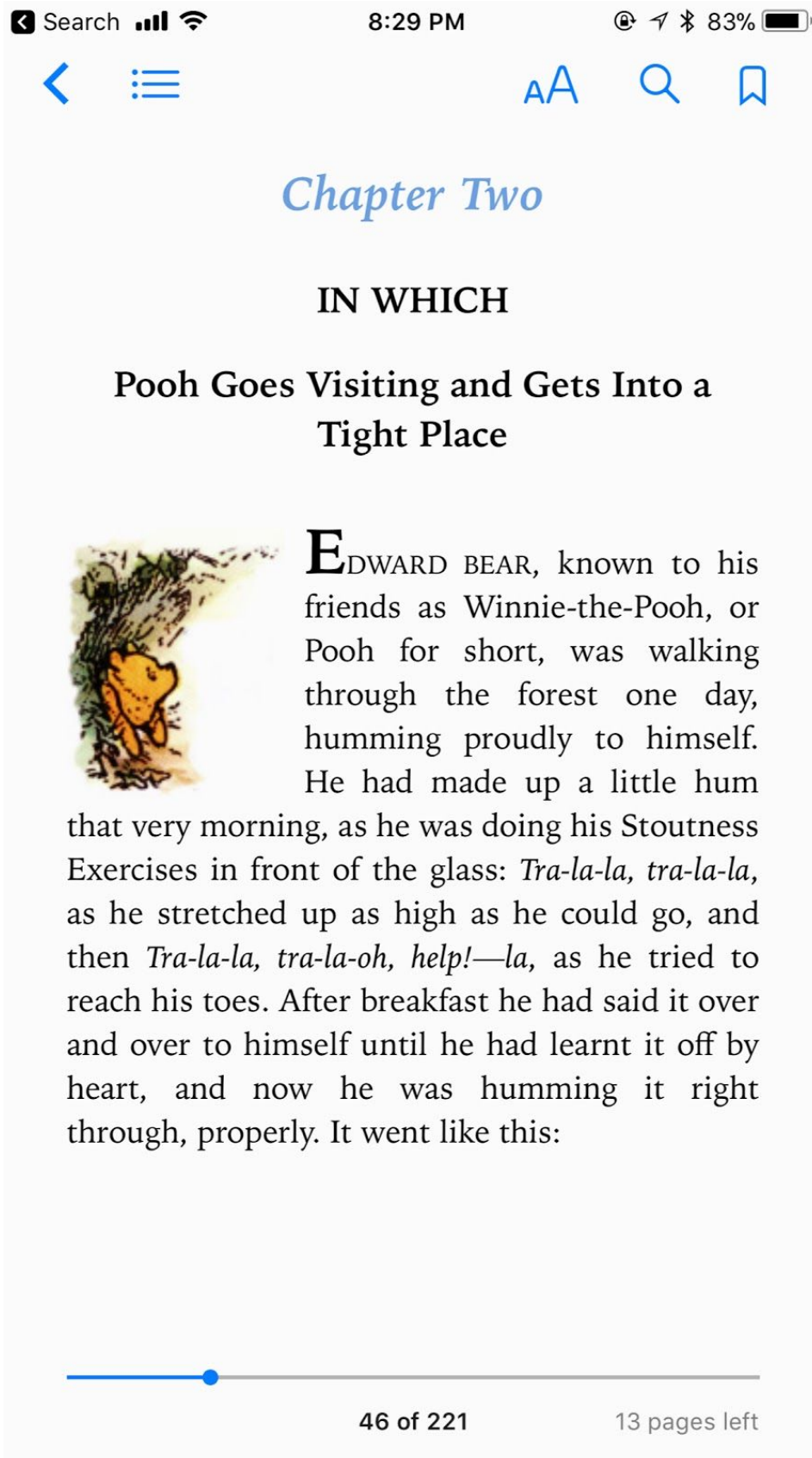


英語の場合、Winnie-the-Poohは既にライブラリに入っています。

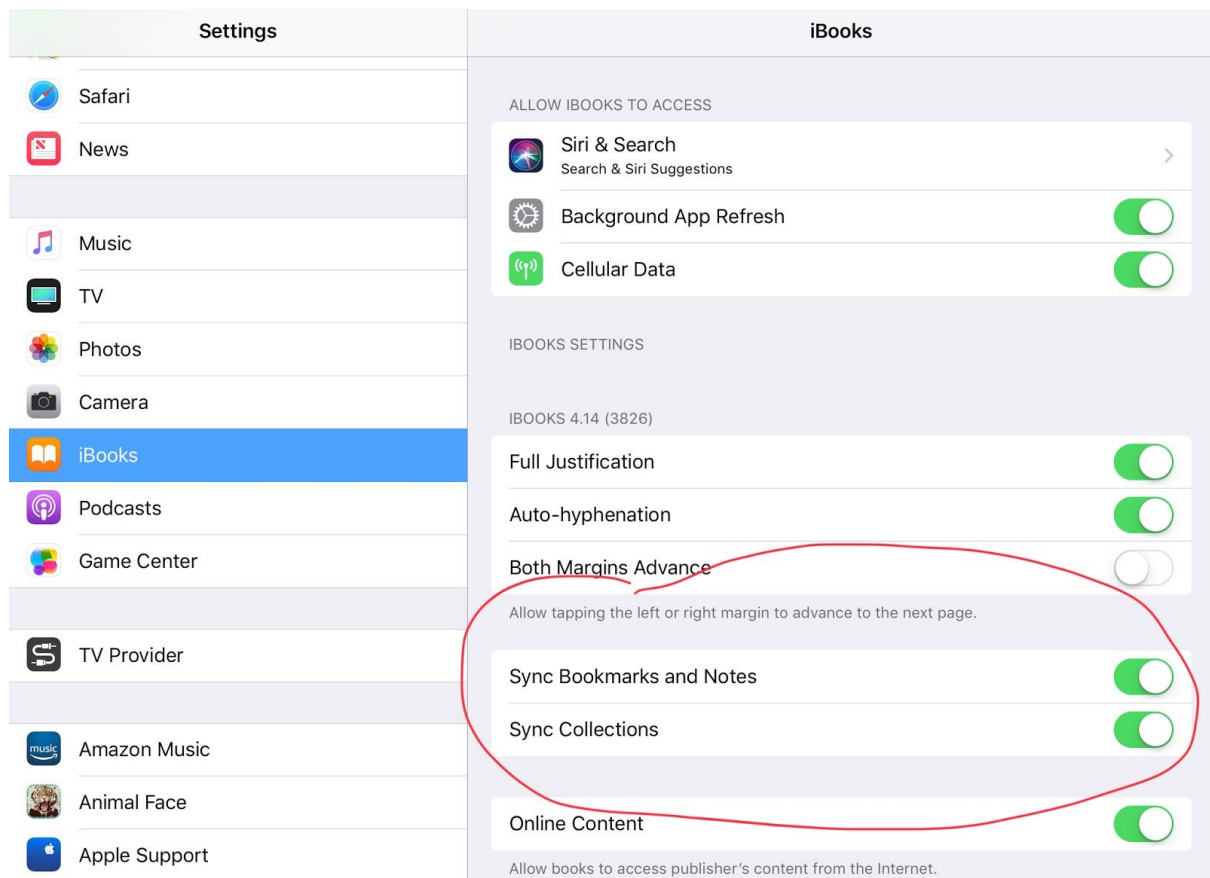
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