

**The  
External  
Diet**

Is Your

**HOUSE**

making you

**OVERWEIGHT,**

**SICK**

OR

**TIRED?**

Household Causes Including Improper Electricity of  
Weight Gain, Stress, Insomnia and Ill Health, and  
What you can do about them!

Margaret Rouse Shontz

# Is Your House Making You Overweight Sick Or Tired

**Thirumalaisamy P.  
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