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Welcome to Kate Quit Sugar. This is best place to find out about the guide I Quit Sugar and I also let you in on my journey to sugar free living!

**Welcome to Kate Quit Sugar - Kate Quit Sugar**

Phytic acid is one of a number of "anti-nutrients" in grains and legumes. For an introduction to this subject, please see this article. Proper preparation of ...

**Living With Phytic Acid - The Weston A. Price Foundation**

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