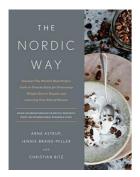
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Pam Krauss Books, United States, 2017. Hardback. Condition: New. Language: English. Brand new Book. Based on the practically perfect Nordic Diet, this gimmick-free and scientifically proven approach to eating will help you keep unwanted pounds off for good. Powerhouse experts Arne Astrup, Professor Jennie Brand-Miller, and Christian Bitz know that the Nordic Diet is the "best diet in the world" for getting healthy and staying lean, even into middle age and beyond. As leaders in obesity research, glycemic science, and...

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- Authored by Arne Astrup, Jennie Brand-Miller, Christian Bitz
- Released at 2017



Filesize: 2.76 MB

## Reviews

Absolutely essential go through book. It can be rally fascinating through studying period of time. You wont truly feel monotony at at any time of your respective time (that's what catalogues are for concerning in the event you question me).

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