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Miracle Cures (1998) Food: Your Miracle Medicine (1994) Your Miracle Brain (2002) EatSmart: The Nutrition Cookbook You Can't Live Without (2004) Jean Carper's Complete Healthy Cookbook (2007) 100 Simple Things You Can Do to Prevent Alzheimer's (2010) Awards. Carper won the 1995 Excellence in Journalism Award from the American Aging Association.

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