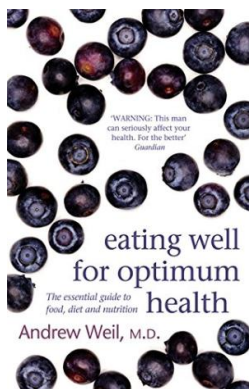


## Eating Well for Optimum Health: The Essential Guide to Food, Diet and Nutrition



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