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# HAPPY BELLY: A WOMAN S GUIDE TO FEELING VIBRANT, LIGHT, AND BALANCED



ADVANTAGE MEDIA GROUP, United States, 2014. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. DIGESTION IS THE CORNERSTONE OF HEALTH. The state of your digestion determines the health of each cell in your body, including blood cells, muscle and nerve cells, neurons produced and hormones created. Without an efficient digestion we can't hope for a strong immune system, a flat stomach, efficient elimination of toxins, a positive emotional health and vibrant energy. HAPPY...

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- Released at 2014



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