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# DASH DIET JOURNAL (PAPERBACK)



Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Dash Diet Journal from Blokehead will help you maintain a low sodium diet. This journal allows each person to monitor their performance and find encouragement to strive harder to get healthy. With the Blokehead Dash Diet Journal, you never have to worry about losing track and staying healthy.

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- Authored by The Blokehead
- Released at 2014



Filesize: 9.49 MB

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