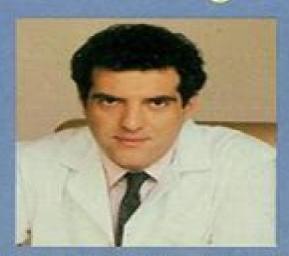




HOW TO BE YOUR OWN NUTRITIONIST

By the author of The Immune Power Diet Stuart M. Berger, M.D.



Write Your Own Prescription for the Vital Health and Energy You Always Wished You Hadwith the Plan That's Helped Thousands

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