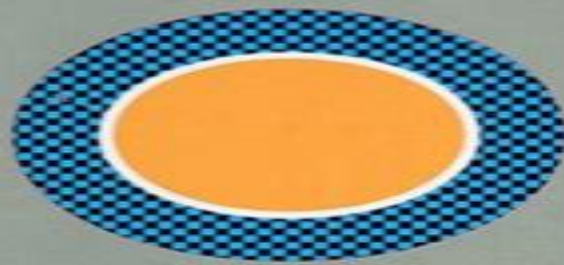
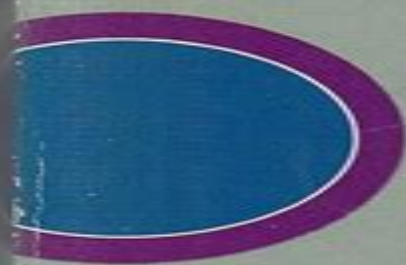


# *The Power Of Your Plate*

*Eating well for better health -  
17 experts tell you how!*



**A Plan for Better Living -  
By Neal D. Barnard, M.D.**

# The Power Of Your Plate Eating Well For Better Health 17 Experts Tell You How

**Richard H. Schwartz**



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