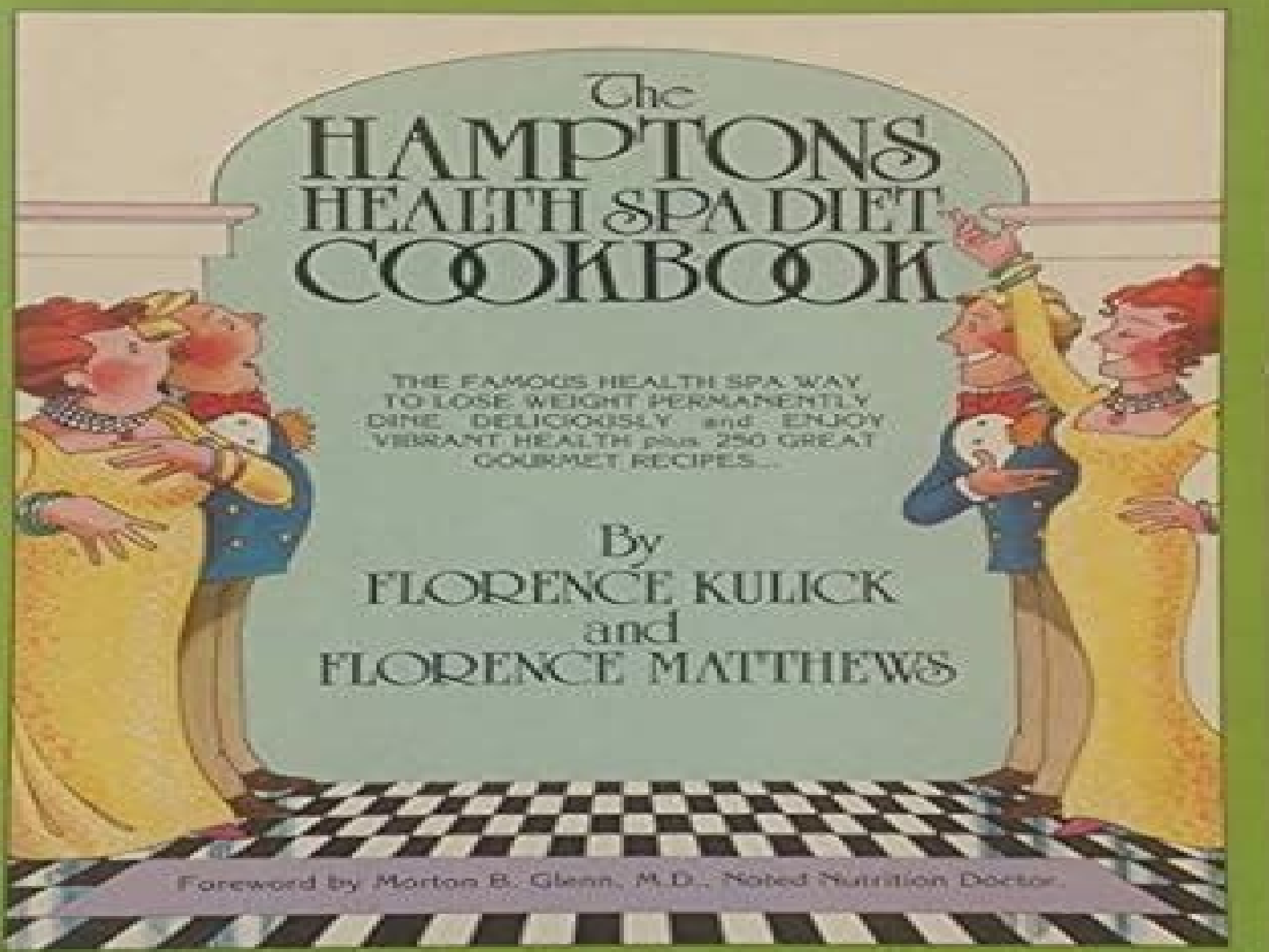




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THE FAMOUS HEALTH SPA WAY
TO LOSE WEIGHT PERMANENTLY
DINE DELICIOUSLY and ENJOY
VIBRANT HEALTH plus 250 GREAT
GOURMET RECIPES...

By
FLORENCE KULICK
and
FLORENCE MATTHEWS

Foreword by Morton B. Glenn, M.D., Noted Nutrition Doctor.

The Hamptonshealth Spa Diet Cookbook

Jin-Ying Zhang



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