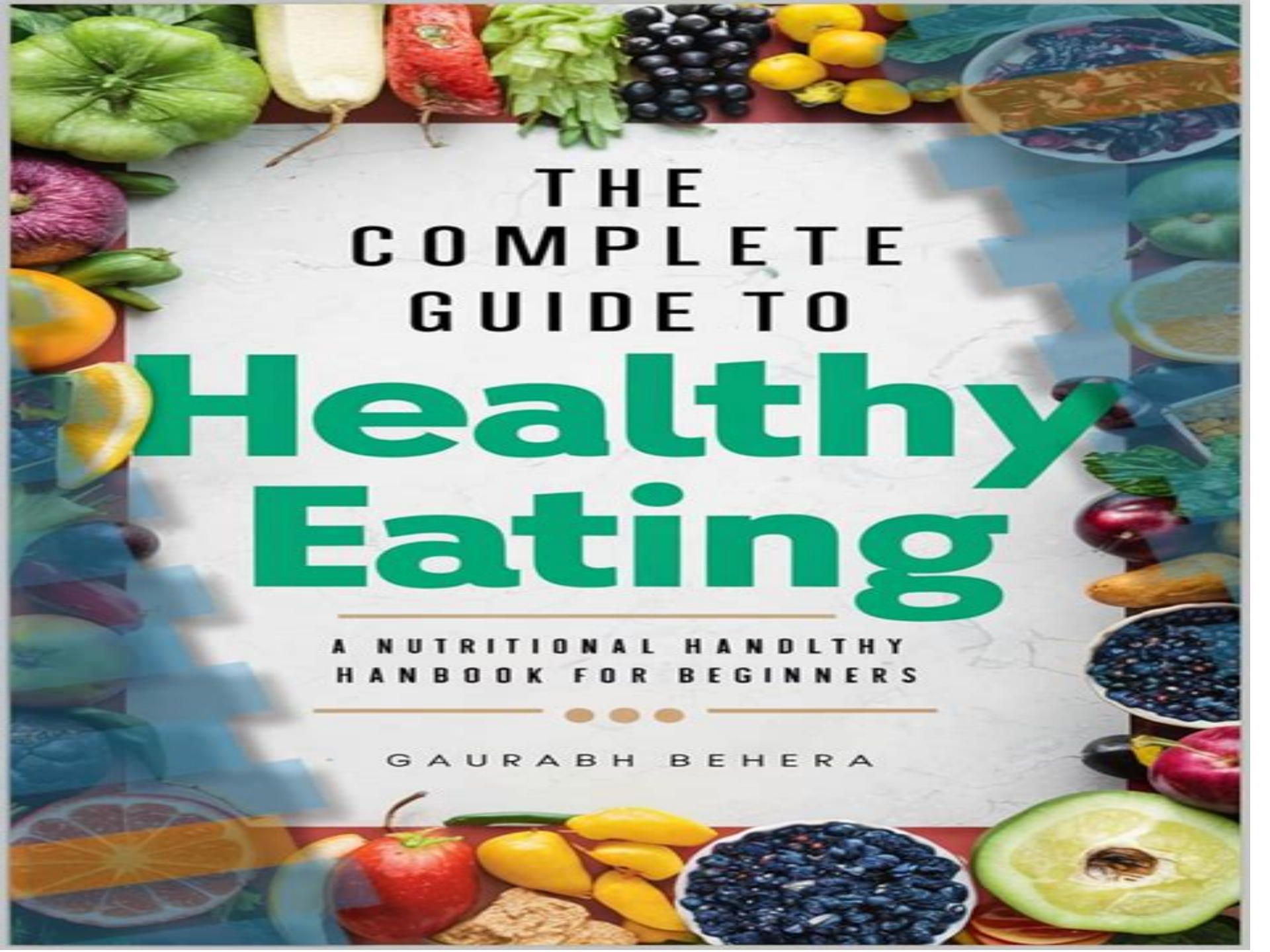




THE
COMPLETE
GUIDE TO

Healthy Eating

A NUTRITIONAL HANDLTHY
HANBOOK FOR BEGINNERS

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