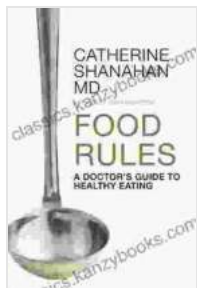


# The Doctor's Guide to Healthy Eating: The Ultimate Resource for a Healthier You



## Food Rules: A Doctor's Guide to Healthy Eating

by Catherine Shanahan

★★★★☆ 4.5 out of 5

Language : English

File size : 449 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 176 pages

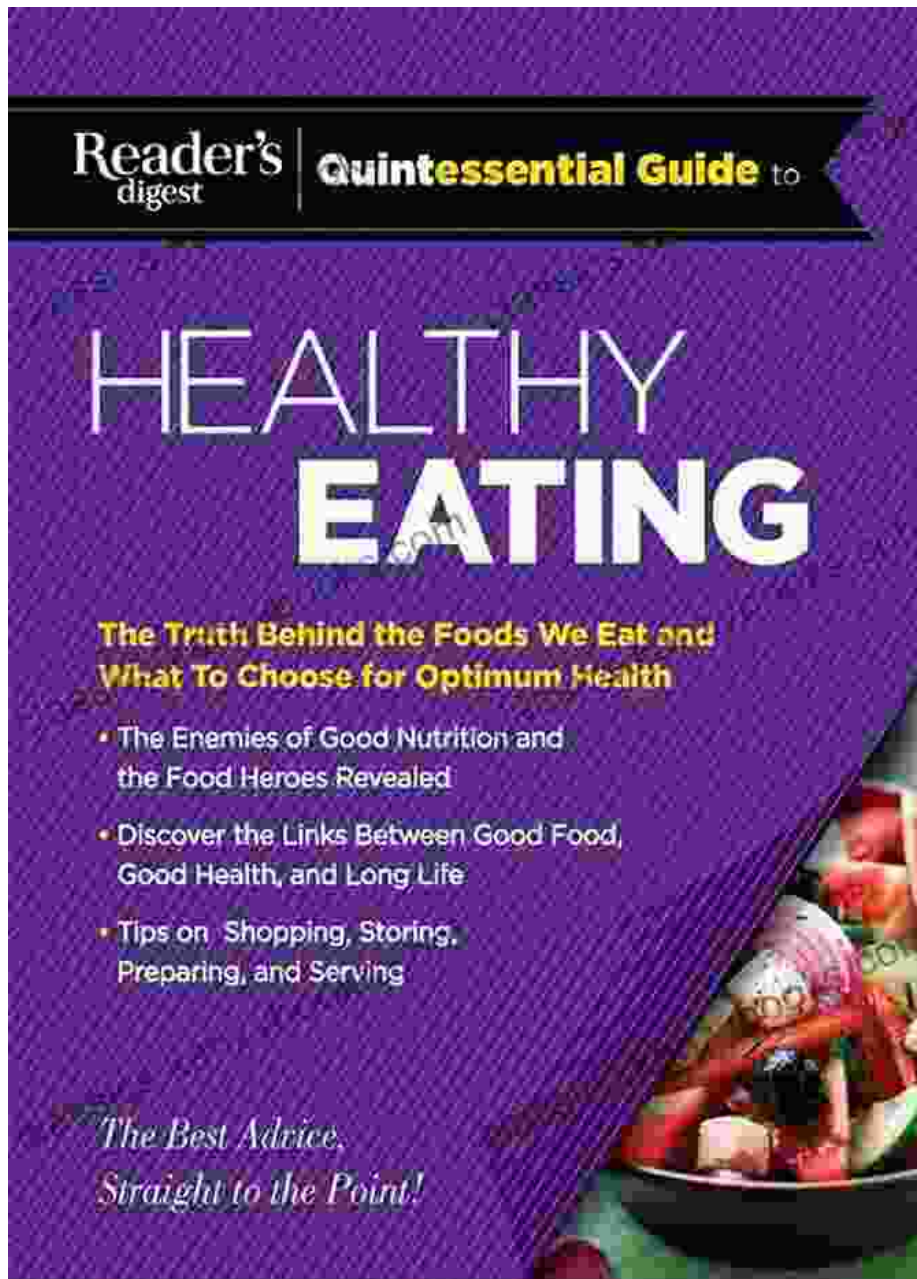
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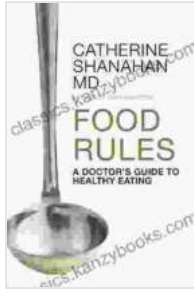
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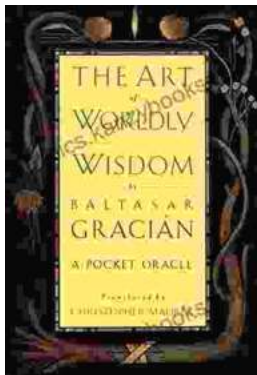
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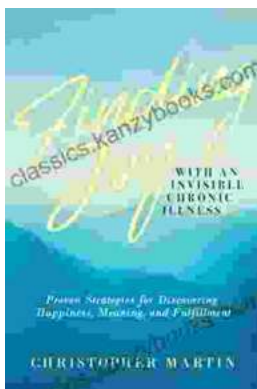


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