

Eat Right For Life - Dr. Raymond A. Schep

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It's Never Wrong to Eat Right! Eat Right for Life is full of healthy, natural alternatives to today's manufactured, chemically-charged and processed food. Improve your health and waistline with an organic lifestyle. It's easy with more than 225 food options, dozens of recipes and other life-changing natural solutions that help provide a balanced life. Inside you'll find: Dietary therapies for cancer, arthritis, allergies and more Tips on healthy weight loss Advice on eating sweets, exercise and eating raw foods Author: Schep, Dr. Raymond A. Publisher: Betterway Home Illustration: N Language: ENG Title: Eat Right for Life Pages: 00240 (Encrypted PDF) On Sale: 2010-09-26 SKU-13/ISBN: 9781440211324 Category: Health & Fitness : Nutrition

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