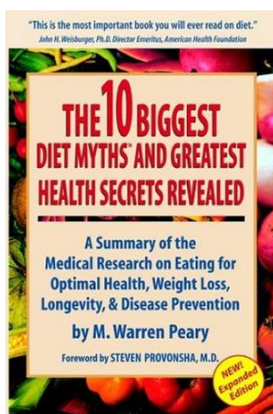


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# THE TEN BIGGEST DIET MYTHS & GREATEST HEALTH SECRETS REVEALED A SUMMARY OF THE MEDICAL RESEARCH ON EATING FOR OPTIMAL HEALTH, WEIGHT LOSS, LONGEVITY



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- Authored by Warren Peary
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