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Cranmore Publications, United Kingdom, 2012. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This book: 1 Gives clear summaries of basic facts for adopting a new health plan. 2 Gives reasons for weight gain at different times of life and how to avoid such increases without special diets. 3 Identifies, at a glance, those foods containing excess calories, saturated fats, salt and sugar. Over 300 common foods are examined so that you can easily identify...

### Read PDF It s Your Life - a Healthy Diet Made Easy (Paperback)

- Authored by Norman Ratcliffe
- Released at 2012



#### Reviews

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