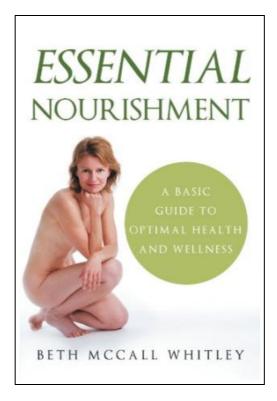
# Essential Nourishment: A Basic Guide to Optimal Health and Wellness (Paperback)



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