



## A Realistic Guide to Living the Nutritious Life: Health Tips for Real People. from a Real Persons Experience. (Paperback)

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By Nutri Health Body Company

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Large Print. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A Realistic Guide to the Nutritious Life is a compilation of Nutri HBC s health tips and incerpts from real personal experiences. Nutri HBC believes that weight loss and being healthy can be easy. She believes you don t have to be skinny and that diets just don t work. After reading this book, will you choose the nutritious life?.



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