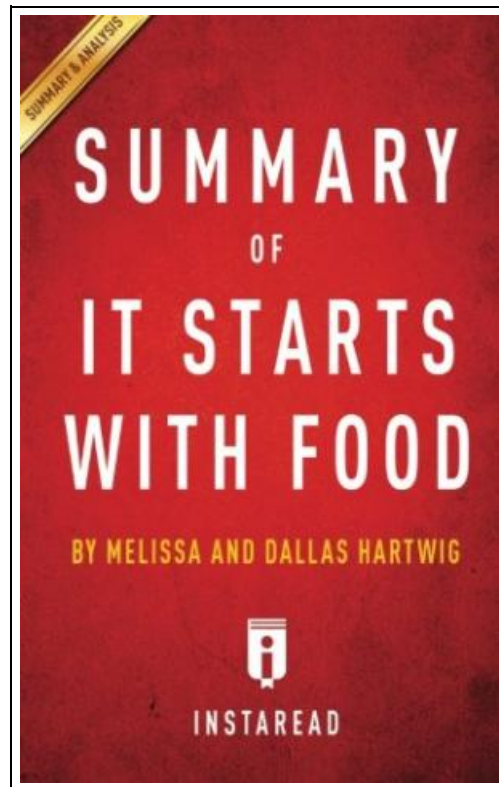


Summary of It Starts with Food: By Melissa and Dallas Hartwig Includes Analysis



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