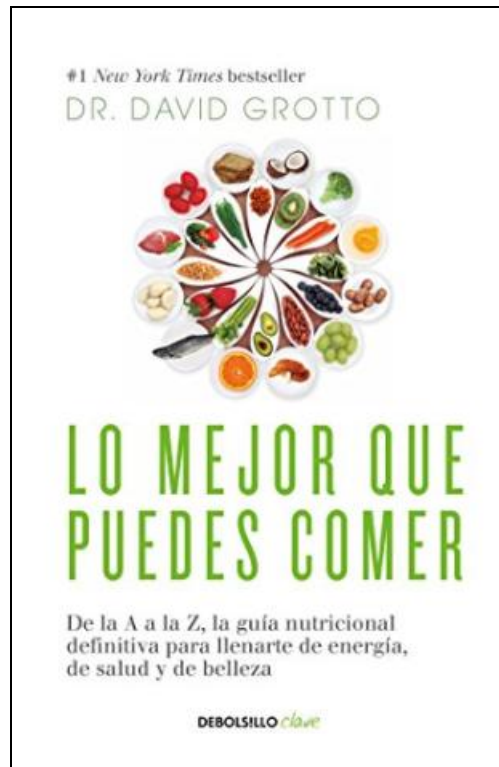


## Lo Mejor Que Puedes Comer / The Best Things You Can Eat (Paperback)



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ENGLISH DESCRIPTION> If you ve always wondered what foods to turn to when you need more fiber in your diet or which foods you can count on when you ve got an upset stomach, The Best Things You Can Eat as the answers. Registered Dietitian and bestselling author David Grotto draws on the latest nutritional and scientific research to assemble the most authoritative compilation of food rankings ever produced like. - 8 Best Foods for Lowering Cholesterol - Top 6 Foods to Control Your Blood Pressure - 7 Best Foods for Stopping Bad Breath - 5 Best Foods to Slow Down Aging - Top 5 Foods for Numbing Aches and Pains.



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