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MEAL FINDER: DETOX YOUR BODY AND DASH (PAPERBACK)



Speedy Publishing LLC, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Meal Finder book features two distinctive diet plans, the detox diet with detox recipes and the DASH diet. This book makes it easy as a healthy meal finder and takes these meal ideas with both detox recipes and the DASH diet recipes. If you wish to follow the DASH diet guidelines for some of your...

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- Authored by June Craig, Maryanne Lane
- Released at 2014

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