

HEALTH POWER

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by
AILEEN
LUDINGTON, MD
& HANS DIEHL,
DRHSc, MPH

- Increase Your Endurance
- Slow Down the Aging Clock
- Regain Energy of Your Youth
- Eat More, Weigh Less
- Beat Diabetes
- Lower Cholesterol
- Grow Healthier Kids
- Reverse Heart Disease

Health Power Afr Amer Cvr Health By Choice Not Chance

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