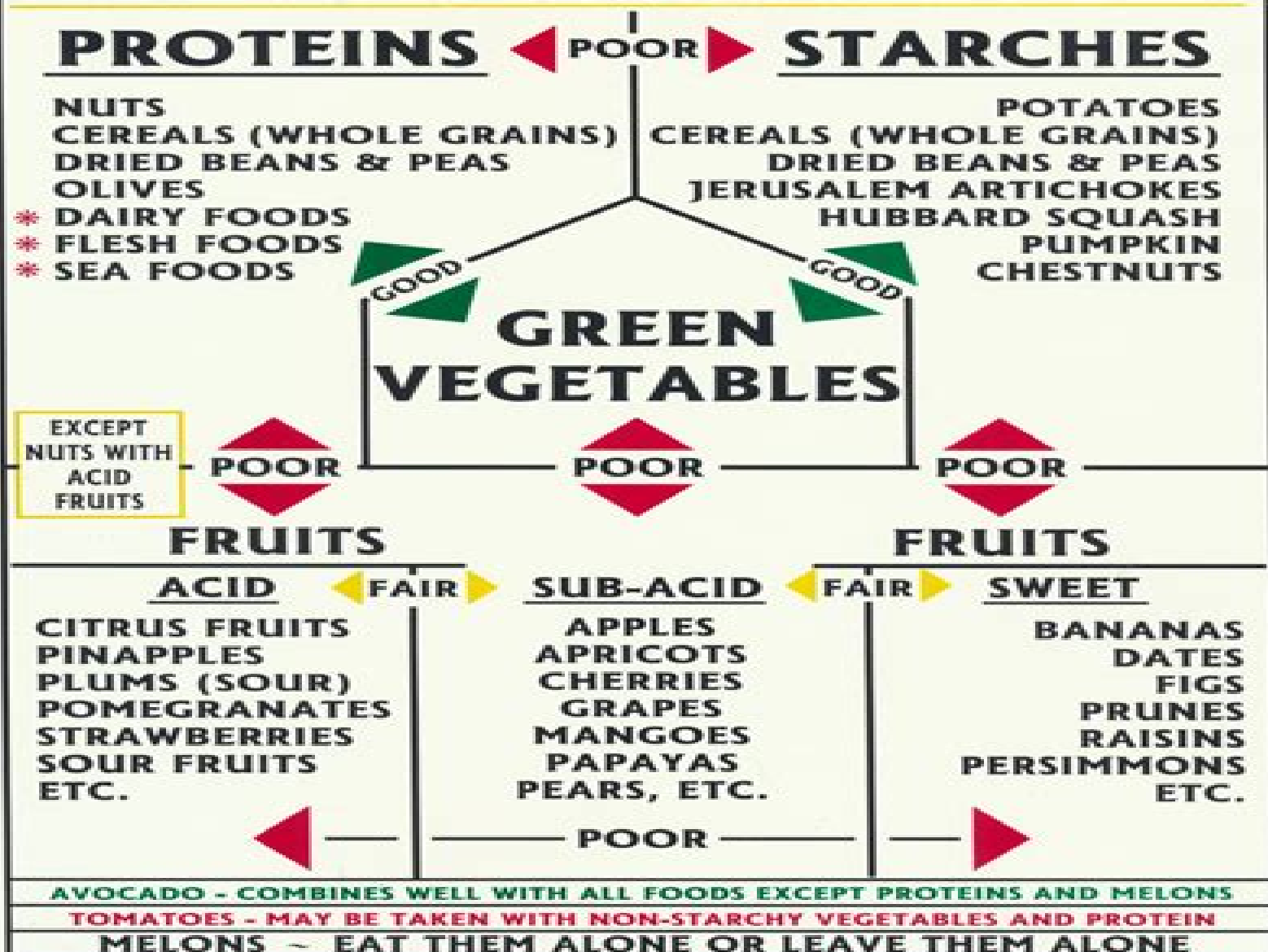


CORRECT FOOD COMBINING

MONOTROPHIC MEAL - ONE FOOD AT A MEAL IS THE IDEAL



* THESE SUBSTANCES NOT RECOMMENDED BUT INCLUDED FOR CLARITY

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