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Milk and Dairy Ambar Achari,2025-01-03 Health is wealth as the saying goes is a truth often overlooked in today s fast paced world Many people are caught up in the rat race neglecting their health and the importance of nutritious food This book emphasizes the need to pause reflect and prioritize a healthy lifestyle We address the gap between food commercialization and healthy eating habits offering a fresh perspective on nutrition Milk a vital component of human nourishment should be a key element in daily diets This book explores cattle breeding marketing of packaged milk and its

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