PRODUCTS USEFUL FOR THE BODY

HAIR

green vegetables, beans, salmon



BRAIN

salmons, tuna, sardines, walnut



eggs, corn, carrot



MUSCLE

bananas, red meat, fish, eggs

HEART

tomatoes,





LUNGS

broccoli, brussel sprout

BOWELS

prunes, yogurt





SKIN

blueberries, salmon, green tea

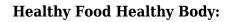


oranges, celery, milk



Healthy Food Healthy Body

Melissa Bernstein, Kimberley McMahon



Healthy Food Healthy Body Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Healthy Food Healthy Body**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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