

PRODUCTS USEFUL FOR THE BODY

BRAIN

salmons, tuna,
sardines, walnut



HAIR

green vegetables,
beans, salmon



EYES

eggs, corn,
carrot



MUSCLE

bananas,
red meat,
fish, eggs



HEART

tomatoes,
potatoes



LUNGS

broccoli, brussel
sprout



BOWELS

prunes, yogurt



SKIN

blueberries, salmon,
green tea



BONES

oranges,
celery, milk



Healthy Food Healthy Body

Melissa Bernstein, Kimberley McMahon

Healthy Food Healthy Body:

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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