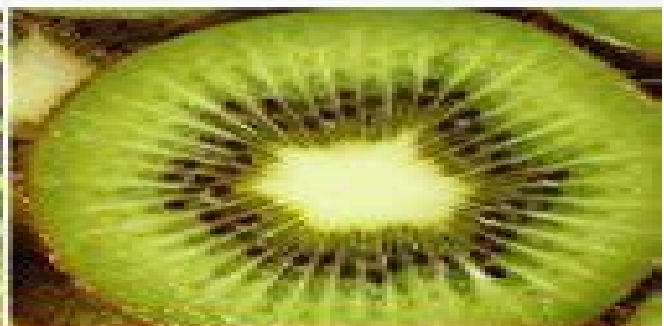
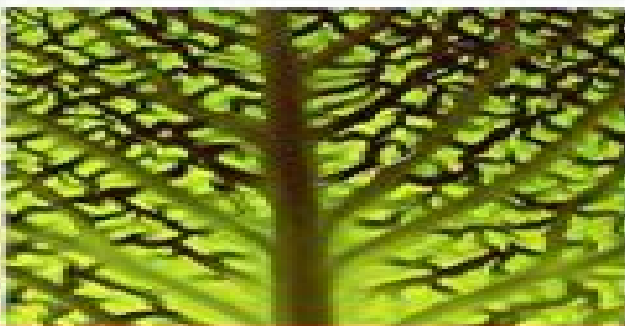
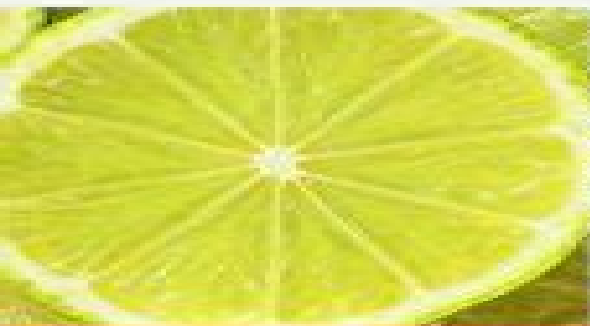




# THE **FOOD** DOCTOR

Healing foods for mind and body



**New edition fully revised and updated**



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# Food Doctor Healing Foods For Mind And Body

**Nathaniel Altman**



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