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Createspace, United States, 2014. Paperback. Book Condition: New. Large Print. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.A comprehensive guide for good health, weight loss and many beauty benefits. Healing power of many food items explained in easy to understand manner. Innumerable tips for good health and healthy lifestyle by giving day to day examples. More than hundred healthy and interesting recipes of salads, entree, smoothies, desserts, snacks, sandwiches, for breakfast, lunch and...

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- Authored by Nadia Kandeela
- Released at 2014



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