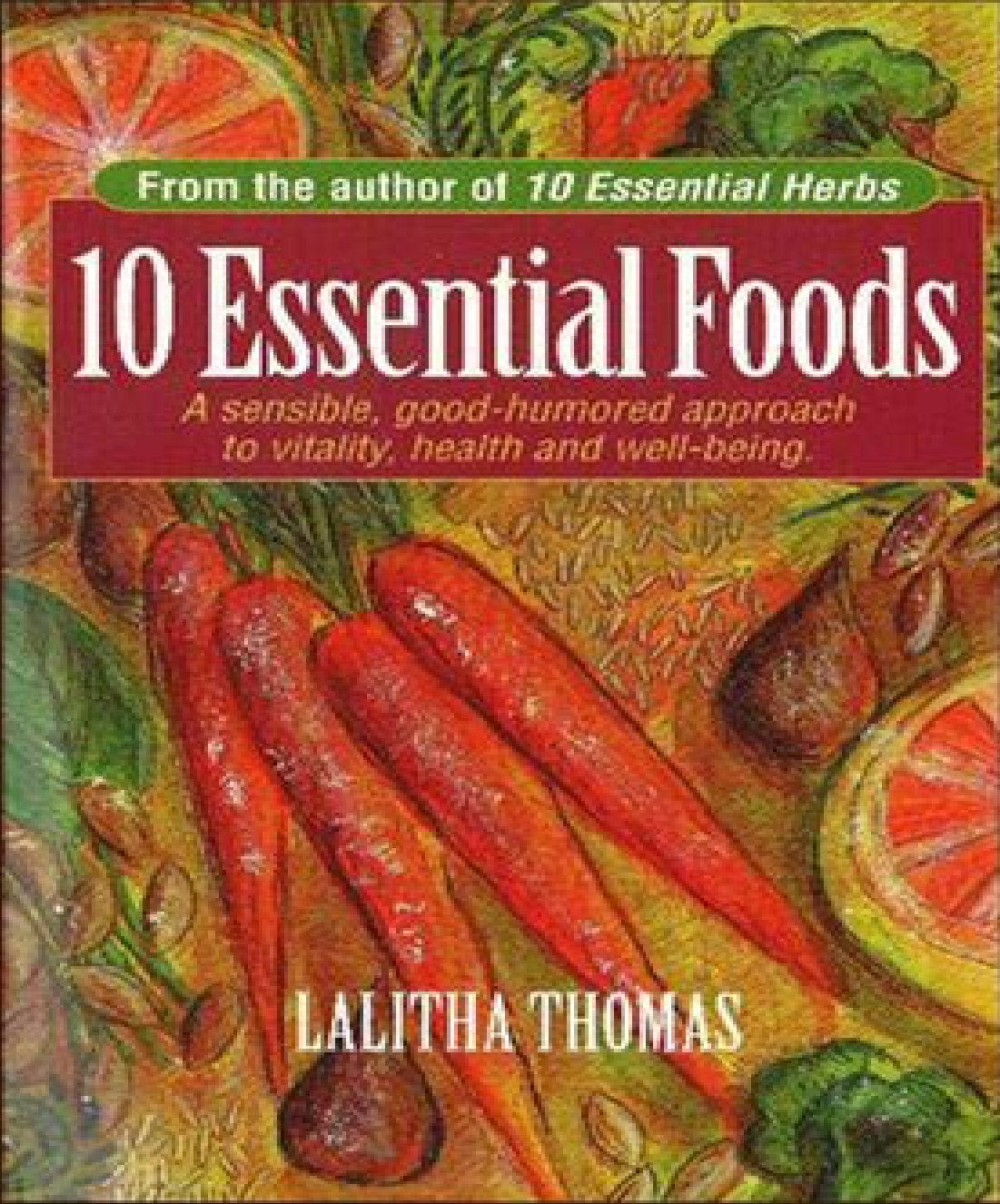




From the author of *10 Essential Herbs*

10 Essential Foods

*A sensible, good-humored approach
to vitality, health and well-being.*

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