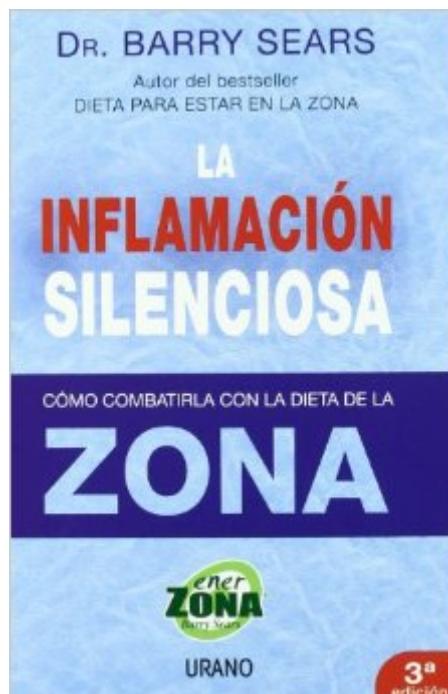


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Excellent doctor, in his book gives us very useful tips to stay healthy. Not eating foods that inflame us. Inflammation is a major cause of many diseases, and I never knew before reading this book. So I recommend read this book for you to have awareness about what you eat , because we are what we eat.

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