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*By (author) Dharma Singh Khalsa*

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# Food as Medicine: How to Use Diet, Vitamins, Juices and Herbs for a Healthier Life (Paperback) - Common

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**Food as Medicine: How to Use Diet, Vitamins, Juices and Herbs for a Healthier Life (Paperback) - Common** By (author) Dharma Singh Khalsa

This is a practical prescriptive guide to achieving health with the right natural foods and supplements, outlining a detailed, forty-day nutritional plan that features health-bolstering recipes.

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