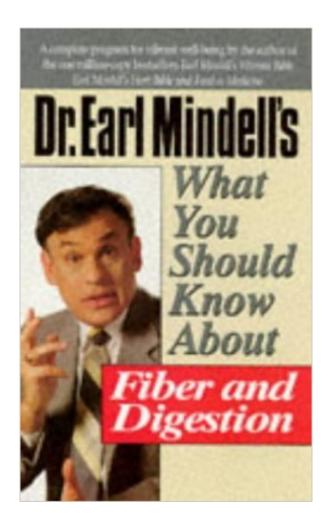
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# Dr. Earl Mindell's What You Should Know About Fiber And Digestion (What You Should Know Health Management Series)





## Synopsis

Soluble and insoluble fibre are now known to be key elements of digestive health, and aid in the prevention of many diseases. Dr. Mindell shows how to assure the right amounts of the right kinds of fibre appear in the diet.

## **Book Information**

Series: What You Should Know Health Management Series Paperback: 96 pages Publisher: Keats Pub (January 1997) Language: English ISBN-10: 0879837454 ISBN-13: 978-0879837457 Product Dimensions: 0.2 x 4.5 x 7 inches Shipping Weight: 0.8 ounces Average Customer Review: Be the first to review this item Best Sellers Rank: #2,333,901 in Books (See Top 100 in Books) #112 in Books > Health, Fitness & Dieting > Nutrition > Fiber #12990 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets #21379 in Books > Cookbooks, Food & Wine > Special Diet

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