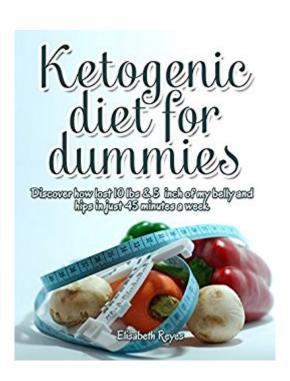
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Sorry but this book was silly. I thought it would give me diet examples. It tell me about the diet and what it can do for you. It tells you that it will do for you. That was all. No examples in meal. No real sample of foods. How much to eat. This was worthless. So sorry

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