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Secrets of Cooking for Long Life: Over 175 Fat-free and Low-fat Dishes (Secrets of Fat Free)

Sandra Woodruff

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Scientists have long known what we eat as well as what we do not eat can have a profound effect on susceptibiity to disease and premature ageing. Unfortunately, today's modern diet contributes to just about every disorder from allergies to cancer. This text defines the basic nutrients necessary to a healthy diet and demonstrates how to get more of these essential nutrients from our diets instead of from supplements.

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