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ANN LOUISE GITTLEMAN'S GUIDE TO THE

40/30/30 PHENOMENON

INCLUDES:

- The latest research on essential fats
- An expanded glycemic index
- Information on the importance of minerals
- A 21-day eating program for different caloric needs

Ann Louise Gittleman, M.S., C.N.S.

Ann Louise Gittlemans Guide To The 40 30 30 Phenomenon

Daniel F McAuley



Ann Louise Gittlemans Guide To The 40 30 30 Phenomenon:

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