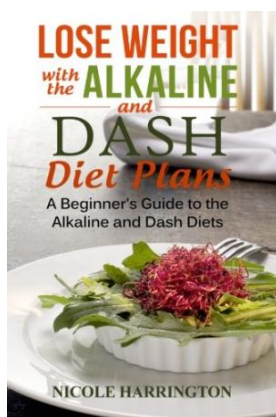


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Get Fit and Blast Fat on the Alkaline and Dash Diet Plans For the first time, two books, Alkaline Diet for Beginners by Nicole Harrington and Dash Diet by Nicole Harrington, are being offered in one collection. Discover how both of these great diets can help you obtain your goal weight and gain a better and healthier life....

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