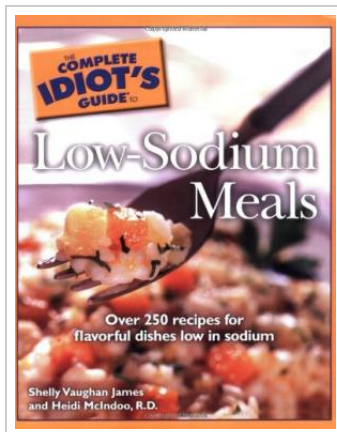




The Complete Idiot's Guide to Low Sodium Meals

By Shelly Vaughan James, Heidi McIndoo

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