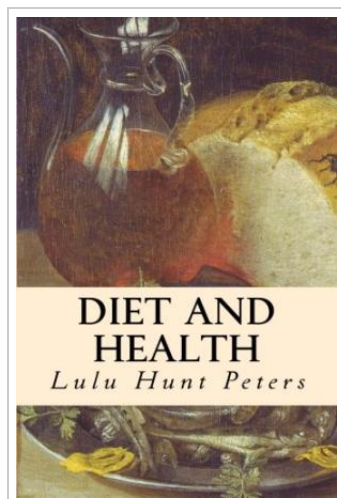




Diet and Health (Paperback)

By Lulu Hunt Peters

Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Diet and Health is a classic health and nutrition guide by Lulu Hunt Peters. I have been accused of trying to catch you coming and going, because I have included in my book the right methods of gaining weight, as well as those for losing weight. But this is not the reason--though I don't object to doing that little thing--the reason is that the lack of knowledge of foods is the foundation for both overweight and underweight.



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