



Simple Keys to a Healthy Body: Easy to understand list of foods, drugs & vitamins from most alkaline to most acidic. Plus a Good Foods List (2# Book 1)

Dr George Kosmides

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Get easy to follow keys that will get and keep you healthy and give you the skin and hair always wanted. No fads or gimmicks, just reasonable science-based tips that are doable.



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Larry Dolin:

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