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The 10% Solution for a Healthy Life: How to Eliminate Virtually All Risk of Heart Disease and Cancer

Raymond Kurzweil

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The 10% Solution for a Healthy Life: How to Eliminate Virtually All Risk of Heart Disease and Cancer Raymond Kurzweil
A program for drastically reducing the risk of heart disease and cancer discusses the benefits of a low-fat diet and moderate but regular exercise, supplying recipes, menu suggestions, and fat-content tables. 35,000 first printing.

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