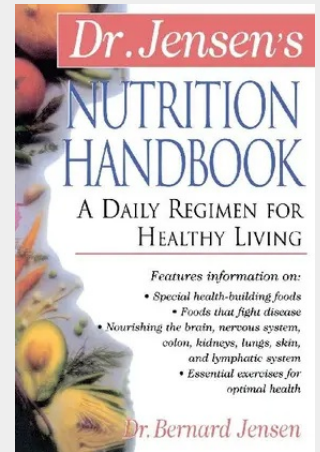


NUTRITION HANDBOOK

In this classic work, Dr. Jensen offers a step-by-step program for using food to build health and fight disease. Also included is information on special immune-building nutrients, essential exercises for optimum health, and scientifically proven ways to nourish the brain, nervous system, colon, kidneys, lungs, skin, and lymphatic system.

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20,40 €

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Lieferfrist: bis zu 10 Tage

Artikelnummer: 9780658002786

Medium: Buch

ISBN: 978-0-658-00278-6

Verlag: McGraw-Hill

Erscheinungstermin: 01.04.2000

Sprache(n): Englisch

Auflage: Erscheinungsjahr 2000

Produktform: Kartoniert

Gewicht: 240 g

Seiten: 160

Format (B x H): 152 x 229 mm

