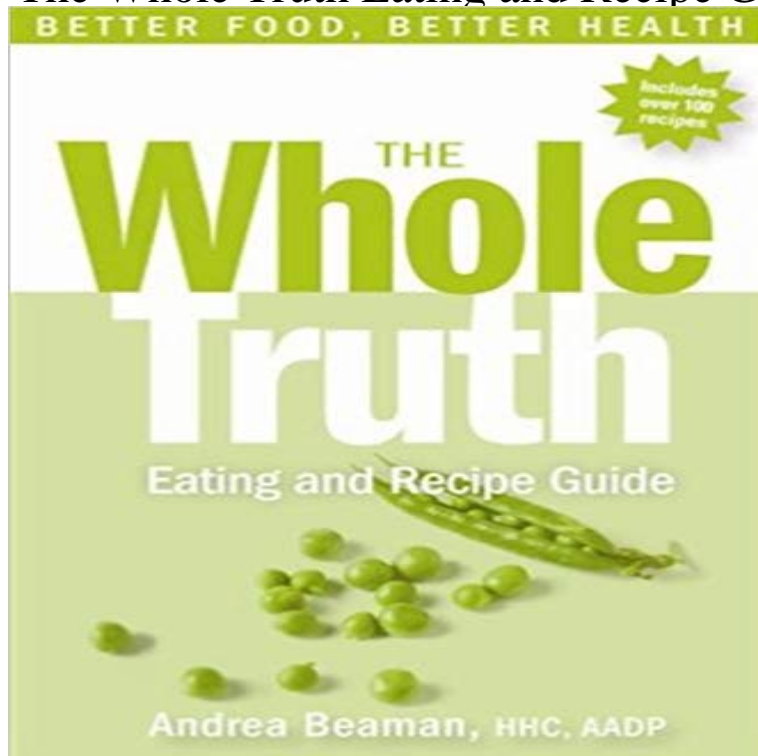


The Whole Truth Eating and Recipe Guide



The Whole Truth Eating and Recipe Guide is designed to give you a deeper understanding of food and its effect on long-term health and vitality. With this practical knowledge, you can easily reach your ideal weight without restrictive dieting, increase energy levels and improve your overall health. Included in this enlightening and humorous guide are over 100 delicious and nutritious recipes to help you achieve better health with every mouthwatering meal. Discover the information you need to know about Better Food for Better Health today!

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