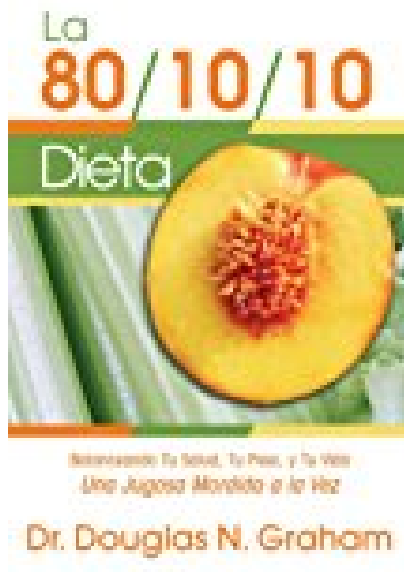


# La Dieta 80 10 10 Balanceando Tu Salud Tu Peso y Tu Vida Una Jugosa Mordida a la Vez Spanish Edition

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## BOOK DETAILS

- Author : Douglas Graham
- Pages : 439 Pages
- Publisher : Foodnsport.com
- Language : Spanish
- ISBN :

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## **BOOK SYNOPSIS**

Dr. Doug Graham has taken the increasingly popular and tremendously successful low-fat, plant-based diet and turbo-charged it for unprecedented, off-the-charts results. Eclipsing even the astounding benefits so well documented by renowned health professionals who also advocate low-fat eating, Dr. Grahams plan is the first to present a low-fat diet and lifestyle program based exclusively around whole, fresh, uncooked fruits and vegetables. From effortless body weight management to unprecedented vibrant health and disease reversal to blockbuster athletic performance, The 80/10/10 Diet delivers in ways no other plan can even hope to match. But instead of reading our own tireless advocacy, here are stories of 811 success from around the world.

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