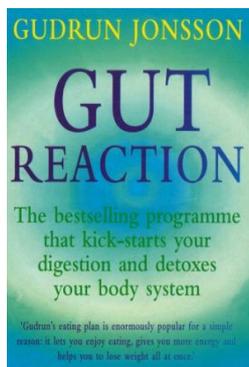


## Gut Reaction: A Day-by-day Programme for Choosing and Combining Foods for Better Health and Easy Weight Loss



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