



Dr. Jensen's Nutrition Handbook : A Daily Regimen for Healthy Living

Bernard Jensen, Bernard Jensen PhD

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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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