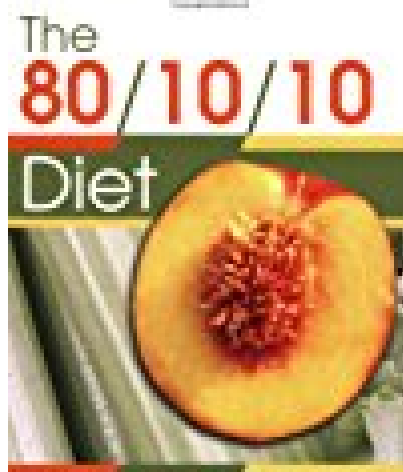


The 80 10 10 Diet



Maximizing Your Health, Your Weight, and Your Life,
One Delicious Bite at a Time

Dr. Douglas N. Graham

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