



Healthy Living: A Holistic Guide to Cleansing, Revitalization and Nutrition

Susana Lombardi

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Healthy Living reveals:

- * How fasting can save your life!
- * How your body can rejuvenate itself.
- * How you can achieve and maintain balanced health.
- * How to improve your well-being.
- * How you can prepare delicious vegetarian dishes including soups, entrees, salads, beverages and desserts.

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