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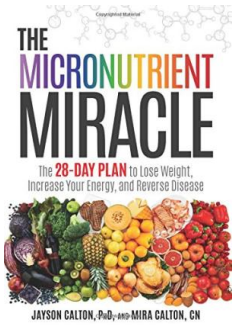

Rodale Press Inc., United States, 2015. Hardback. Condition: New. Language: English . Brand New Book. Our poor health and growing waistlines can be traced back to the hidden crisis of a micronutrient deficiency. More than 90 percent of all Americans are deficient in at least one of these health-promoting vitamins and minerals and don t even know it. According to Jayson and Mira Calton, micronutrients vitamins and minerals essential for optimum health are being stripped from our diet and depleted...

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- Authored by Jayson Calton, Mira Calton
- Released at 2015

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