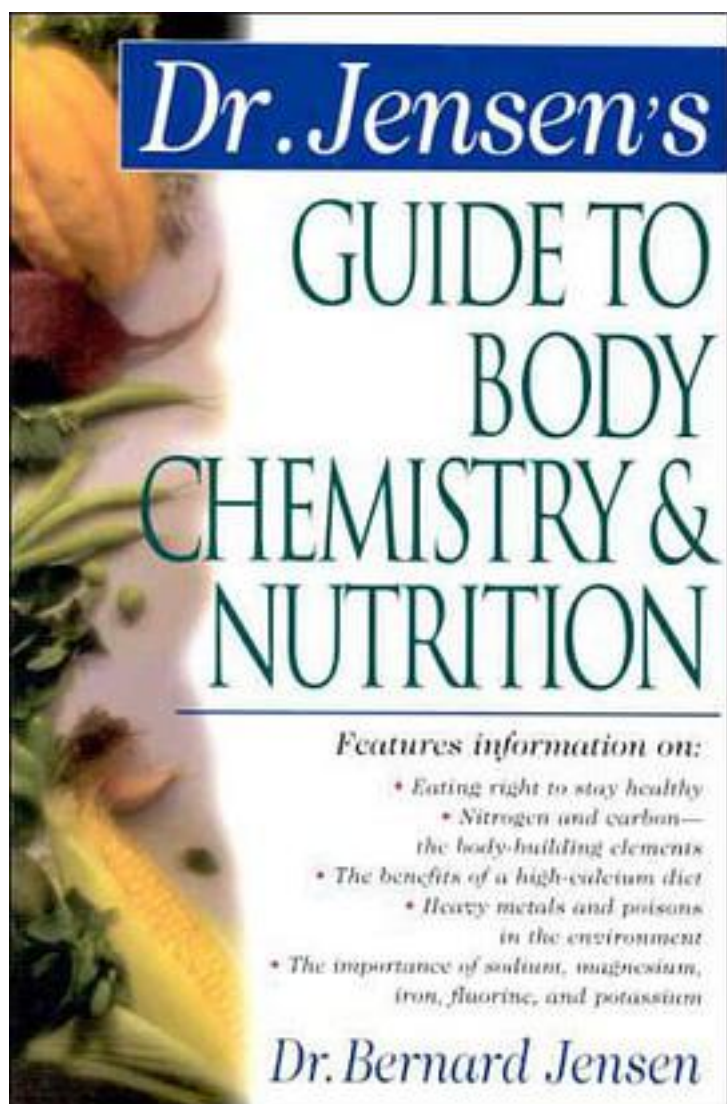


Dr. Jensen's Guide to Body Chemistry and Nutrition



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出版者:McGraw-Hill

出版时间:2000-4

装帧:Pap

isbn:9780658002779

In this groundbreaking work, Dr. Jensen explains the importance of 16 key chemical elements to the human body and provides valuable information on recommended daily intake. He also offers a comprehensive discussion of foods rich in these nutrients and explains how we can include these foods in our daily diet to best assimilate the elements they contain.

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