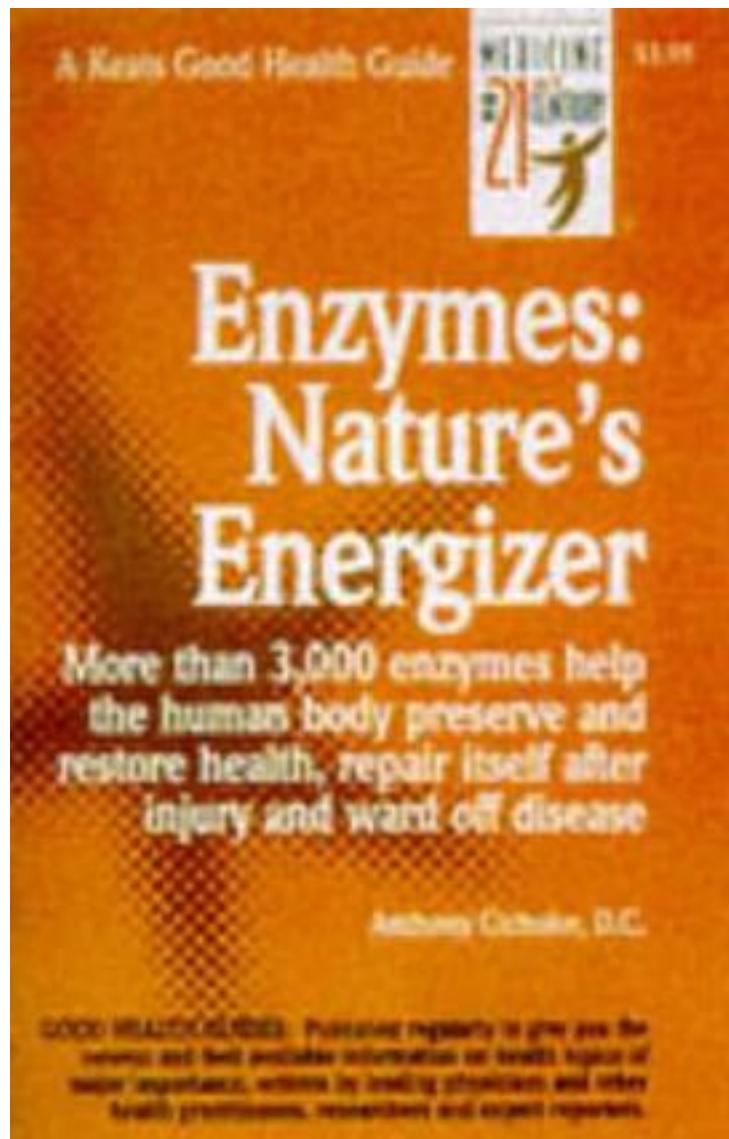


Enzymes



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著者: Cichoke, Anthony

出版者: McGraw-Hill

出版时间: 1999-1

装帧:

isbn: 9780879837242

This book is chock full of practical information on enzymes, and gives easy tips to include enzymes in a healthy diet. Recipes for enzyme-rich foods to soothe the palate and improve health are illustrated with full color photos. Eating enzyme-rich foods can help prevent and even cure many diseases. Dr. Cichoke provides valuable information about enzyme deficiencies, enzyme-rich foods, healing with enzymes, and energizing enzyme supplements.

作者介绍:

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