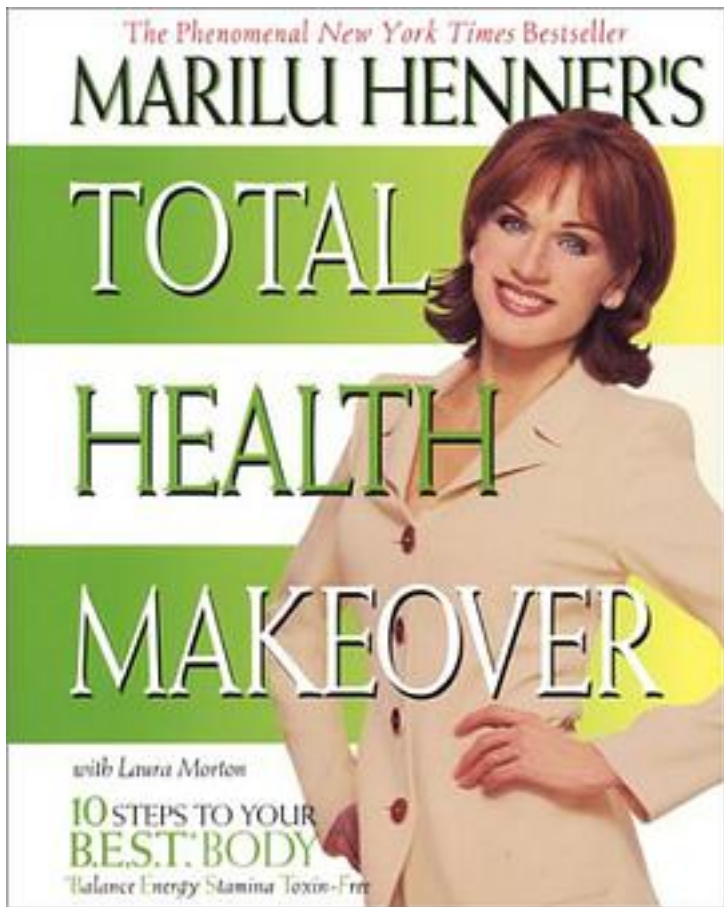


# Marilu Henner's Total Health Makeover



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著者:Marilu Henner

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When Was The Last Time You Felt Really Healthy? Now's the time to create the healthy, balanced life you want -- and become the truly vibrant, happy person you were meant to be. Combining good humor with solid science, Marilu Henner provides essential information on every aspect of health and fitness, including: Detoxing your body

Preventing or alleviating health conditions from obesity to cancer  
The secrets of stress reduction  
Real food and the organic way to fuel your body  
Free yourself forever from diets and disease-causing toxins, boost your energy, lower and maintain your weight -- and change your life.

作者介绍:

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