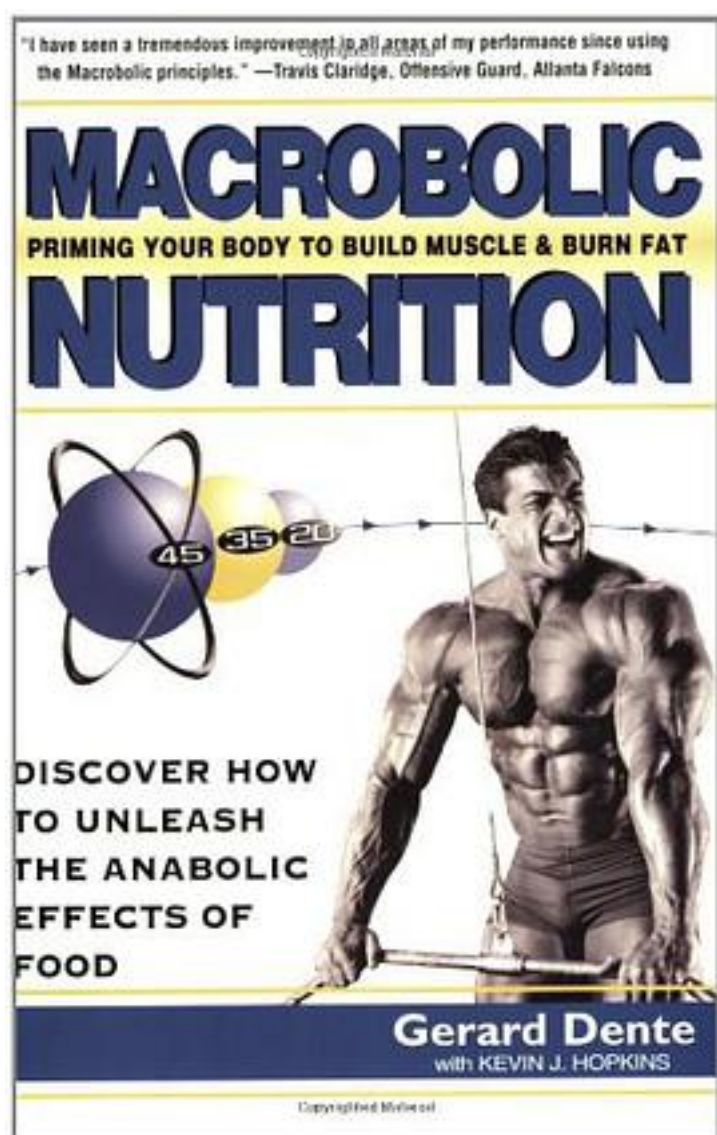


# Macrobiotic Nutrition



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著者:Dente, Gerard

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This book gives readers the key to attaining a sculpted body without wasting their efforts in the gym. It explains the principles of the Macrobiotic Nutrition plan, which can be used to get bigger, leaner, and healthier. Readers will gain an understanding of the impact food has on the many biochemical processes in the body that influence muscle growth and fat burning. For those that have trained hard but have been unhappy with the results, this book can make the difference.

作者介绍:

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