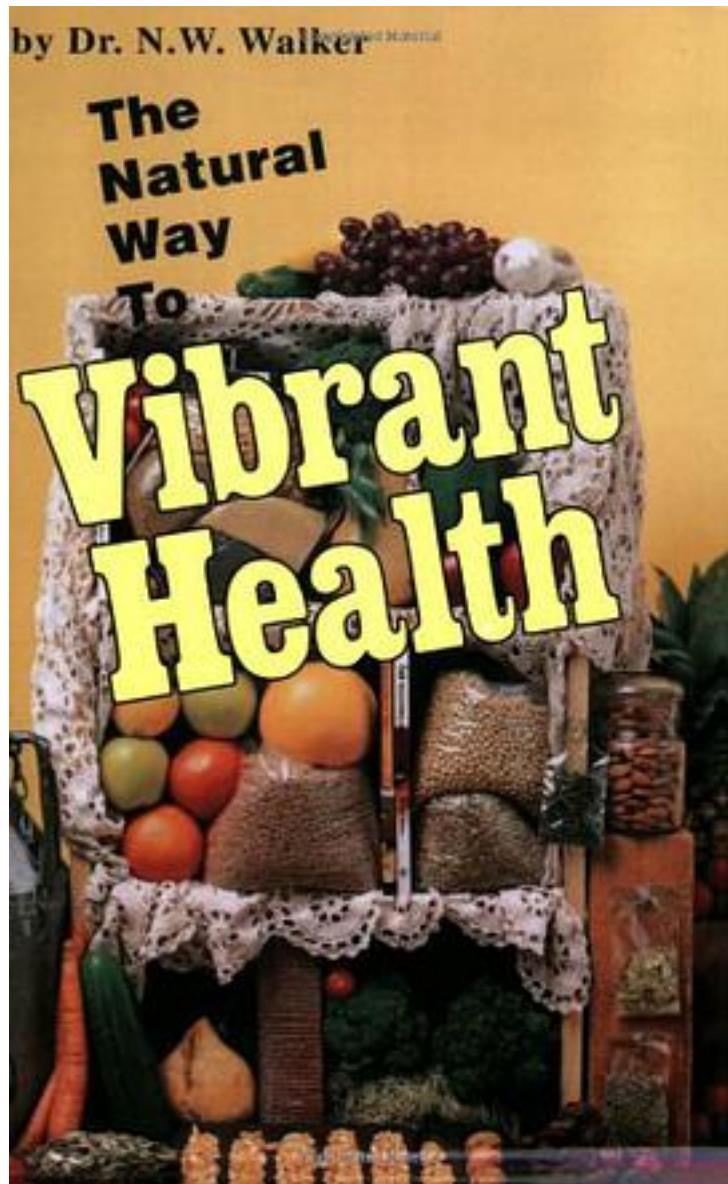


# The Natural Way to Vibrant Health



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Proper nutrition is tantamount to good health. Dr. Walker explains in detail the importance of eliminating from our diet, artificial processed foods that can destroy our health and shorten our lives. He also strongly recommends stimulating our minds and bodies through proper nutrition and mental exercises so our entire being can be vibrantly healthy.

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