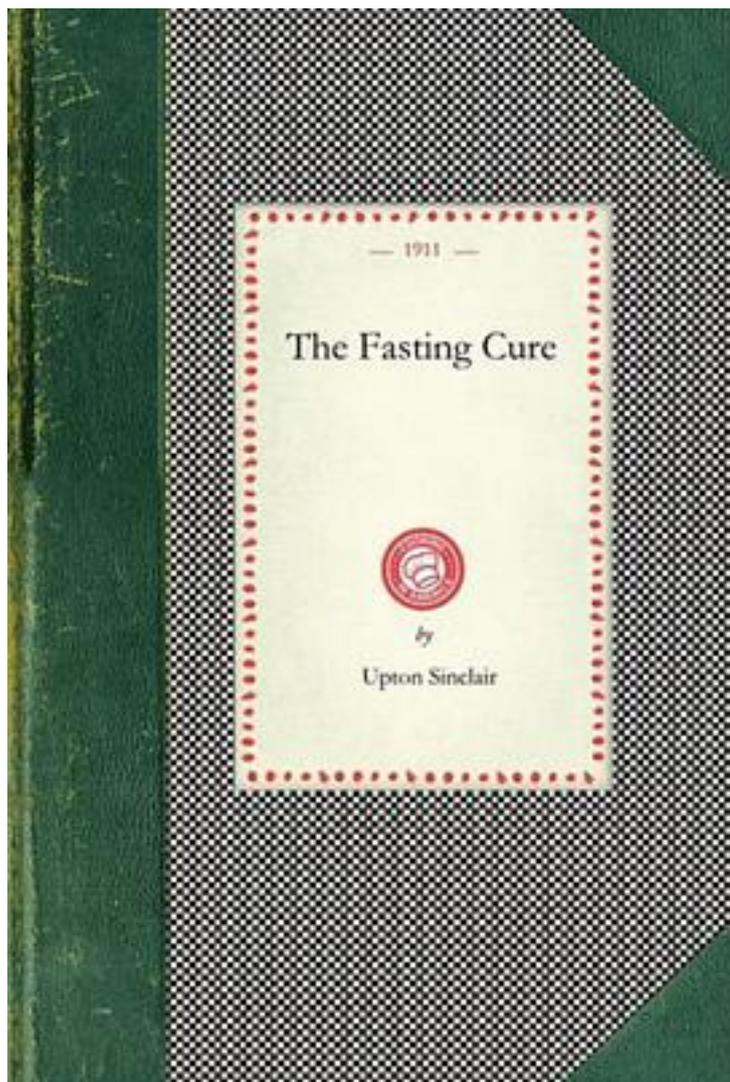


The Fasting Cure



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著者:Upton Sinclair

出版者:

出版时间:2008-7

装帧:

isbn:9781429011365

Upton Sinclair was not only a prolific and much admired author, but also a follower of Bernarr MacFadden's Physical Culture movement (see his Physical Culture Cook Book, 1901) and a member of the editorial staff of Physical Culture Magazine. Dedicated to MacFadden, this 1911 volume advocates the benefits of systematic fasting in producing long-lasting health benefits.

作者介绍:

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