



Think and Grow Healthy

Alexander Corbain

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The ultimate guide to losing weight, fighting diseases, looking and feeling younger shows how to take control of one's own health instead of relying on doctors, drugs, and fads. Simple to read, it offers alternative and natural methods for achieving wellness and optimum health. Learn and discover what it takes to have a slim figure, beautiful skin, energy, stamina, and vigor. This practical handbook contains unique information not found anywhere else, and is a must for all health enthusiasts. Original.

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