

curare il diabete senza farmaci un metodo scientifico per aiutare il nostro copro a prevenire e curare il diabete

READ CURARE IL DIABETE SENZA FARMACI UN METODO SCIENTIFICO PER AIUTARE IL NOSTRO COPRO A PREVENIRE E CURARE IL DIABETE

Curare il diabete senza farmaci. Un metodo scientifico per aiutare il nostro copro a prevenire e curare il diabete

Neal Barnard propone in questo libro un programma rivoluzionario: ripristinare la funzionalità dell'insulina e contrastare il diabete di tipo 2. Scientificamente provato, il suo metodo non stravolge la regolarità quotidiana dei pasti, ma spiega come prepararli secondo la ripartizione dei Quattro Nuovi Gruppi Alimentari: verdura, frutta, cereali integrali e legumi. Viene così garantita ai pazienti la diminuzione dell'assunzione dei farmaci per il diabete, o perfino la loro eliminazione; la riduzione del rischio di complicazioni; notevoli benefici per la salute: perdita di peso, abbassamento del colesterolo e della pressione sanguigna. Oltre a una maggiore energia e vigore, grazie anche a cibi deliziosi da gustare in porzioni generose, come quelli delle 60 ricette originali preparate in collaborazione con la chef vegana Bryanna Clark Grogan e contenute in questo libro.

Curare il diabete senza farmaci

Tackle diabetes and its complications for good with this newly updated edition of Dr. Neal Barnard's groundbreaking program. Revised and updated, this latest edition of Dr. Barnard's groundbreaking book features a new preface, updates to diagnostic and monitoring standards, recent research studies, and fresh success stories of people who have eliminated their diabetes by following this life-changing plan. Before Dr. Barnard's scientific breakthrough, most health professionals believed that once you developed diabetes, you were stuck with it—and could anticipate one health issue after another, from worsening eyesight and nerve symptoms to heart and kidney problems. But this simply is not true—Dr. Barnard has shown that it is often possible to improve insulin sensitivity and tackle type 2 diabetes by following his step-by-step plan, which includes a healthful vegan diet with plenty of recipes to get started, an exercise guide, advice about taking supplements and tracking progress, and troubleshooting tips.

Dr. Neal Barnard's Program for Reversing Diabetes

T. Colin Campbell ha dedicato la propria esistenza alla ricerca sul campo e ha cambiato la scienza della nutrizione, dimostrando che una dieta vegetale e integrale è in grado non solo di mantenerci in salute, prevenendo le principali malattie, ma anche di guarirci. In queste pagine ricostruisce il suo percorso umano e professionale, presenta i risultati a cui è giunto e delinea le linee guida per il futuro, consegnandoci la sua eredità. Il testamento intellettuale di uno dei più importanti scienziati a livello mondiale sull'alimentazione. «I benefici di uno stile di vita sano sono enormi. Desidero sappiate che potete: vivere più a lungo. Apparire più giovani e sentirvi tali. Avere più energia. Perdere peso. Ridurre il colesterolo endogeno. Prevenire e addirittura far regredire le cardiopatie. Ridurre il rischio di cancro alla prostata, al seno e ad altri organi. Preservare la vista in età avanzata. Prevenire e curare il diabete. Evitare gli interventi chirurgici in diverse occasioni. Diminuire drasticamente il fabbisogno di farmaci. Mantenere forti le ossa. Ridurre il rischio di ictus. Prevenire i calcoli renali. Proteggere i neonati dal diabete di tipo 1. Alleviare la stitichezza. Abbassare la pressione sanguigna. Ridurre il rischio di Alzheimer. Sconfiggere l'artrite. E altro ancora...» - T. Colin

Campbell

La salute è nelle tue mani

For years, Dr. Neal D. Barnard has been at the forefront of cutting-edge research on what it really takes to lose weight and restore the body to optimal health. Now, with his proven, successful program, in just three short weeks you'll get fast results-drop pounds, lower cholesterol and blood pressure, improve blood sugar, and more. With Dr. Barnard's advice on how to easily start a plant-based diet, you'll learn the secrets to reprogramming your body quickly: Appetite reduction: Strategically choose the right foods to naturally and easily tame your appetite. Metabolism boost: Adjust eating patterns to burn calories faster for about three hours after each meal. Cardio protection: Discover the powerful foods that can help reduce cholesterol nearly as much as drugs do in just weeks. Whether you are one of the millions who are anxious to get a jumpstart on weight loss or who already know about the benefits of a plant-based diet but have no idea how or where to start, this book is the kickstart you've been waiting for. Complete with more than sixty recipes, daily meal plans for the 21-day program, tips for grocery shopping, and more, this book will teach you how to make the best food choices and get your body on the fast track to better health.

21-Day Weight Loss Kickstart

Bestseller del New York Times Bestseller del Wall Street Journal Apparso su Super Soul Sunday di Oprah Winfrey John Mackey e Raj Sisodia sottopongono ad una serrata critica la narrazione secondo cui il capitalismo sarebbe la fonte di tutti i mali che affliggono la nostra società in quanto sfrutta i lavoratori, inganna i consumatori, genera disuguaglianza, disgrega le comunità locali e distrugge l'ambiente inseguendo una crescita che, alla fine, non può che rivelarsi insostenibile. A questa versione mercantilistica e predatoria del capitalismo, gli autori contrappongono una versione più nobile, che chiamano "Capitalismo consapevole" ed è basata su quattro principi fondamentali: Lo scopo di un'azienda consapevole non è creare valore solo per se stessa, ma per l'intera comunità per cui opera: clienti, dipendenti, fornitori, investitori e chiunque sia influenzato a qualunque titolo dalle sue attività. Un'azienda consapevole non ricerca la massimizzazione del profitto ad ogni costo, ma pone al centro delle sue attività il perseguimento di scopi di ordine superiore, che sono il motivo stesso della sua esistenza. Un'azienda consapevole è guidata da leader consapevoli mossi dalla dedizione nei confronti dell'impresa, di tutte le persone su cui essa ha un impatto e del pianeta che noi tutti condividiamo. Un'azienda consapevole possiede una cultura aziendale autentica, innovativa e improntata al rispetto nei confronti degli altri, grazie alla quale tutti i dipendenti possono crescere come individui e sentirsi appagati come persone. In sintesi, secondo gli autori, un capitalismo consapevole può contribuire a creare un mondo in cui miliardi di persone abbiano la possibilità di fiorire e condurre una vita piena di passione, determinazione, amore e creatività.

Capitalismo Consapevole

Cowspiracy è considerato l'erede spirituale di film come Fast Food Nation e Food, Inc., che hanno puntato i riflettori sul business delle industrie della carne, delle uova e dei latticini. Kip Andersen e Keegan Khun partono da una domanda molto semplice: se ogni anno la zootecnia produce più emissioni di gas serra di tutti i trasporti messi insieme, inquinando o distruggendo gli habitat, per non parlare della crudeltà che infligge a 70 miliardi di esseri senzienti, perché le principali associazioni ambientaliste di tutto il mondo (da Greenpeace a Oceana) non ne parlano? In questo libro, i due registi hanno raccolto tutto ciò che non sono riusciti a catturare con le videocamere o tralasciato dal montaggio finale: le testimonianze complete dei personaggi intervistati (Lisa Agabian, di Sea Shepherd; gli scrittori Michael Pollan e Will Tuttle); dati aggiornati; tutto ciò che si nasconde dietro al business dell'allevamento animale e dell'industria della carne e di quella casearia; consigli per adottare uno stile di vita realmente sostenibile e per ridurre la propria impronta ecologica sul pianeta.

Cowspiracy

Written to provide hope, serious results, and life-long success to diabetes sufferers, this updated edition offers insight into anti-aging, holistic health, how to revitalize your diet, and more. Dr. Gabriel Cousens offers an innovative approach to the prevention and healing of what he calls chronic diabetes degenerative syndrome. A leading medical authority in the world of live-food nutrition, Dr. Cousens exposes the dangers of excess glucose and fructose as the key causes of this seemingly unstoppable epidemic that affects more than 25 million Americans and 347 million people worldwide. Cousens, whose Diabetes Recovery Program is the most successful anti-diabetes program in the world, presents a 3-week plan that focuses on a moderate\ad-low complex carbohydrate, live food, plant-source-only diet that reverses diabetes to a physiology of health and well-being by resetting the genetic expression of a person's DNA. The program renders insulin and related medicines unnecessary within 4 days as the blood sugar drops to normal levels, and the diabetic shifts into a nondiabetic physiology within 2 weeks. Substantially revised throughout, this practical and encouraging guide reveals the risks of low cholesterol and low omega-3s in one's diet and includes more than 140 delicious and healthy recipes. The book represents a major breakthrough in understanding the synergy that helps cure diabetes.

There Is a Cure for Diabetes, Revised Edition

Un tempo, credevo nelle favole. Ma poi, mi ha presa. E mi ha insegnato che la vita non è una fiaba. È sfregiato. Devastato. Una cosa oscura e selvaggia. La sua bellezza è violenta, e le sue parole sono crudeli. Il suo cuore è un paesaggio buio, dove nulla può crescere. Dice che non potrà mai prendersi cura di me, e lo dimostra ogni giorno. Ha distrutto la mia vita. Mi ha torturata. E peggio ancora... Mi ha addestrata a supplicare per il suo affetto. Questa prigione è un luogo dove non batte mai la luce del sole. Mi ha insegnato che l'odio nasce nell'oscurità. E poi, mi ha spiegato che a volte anche l'amore può nascere lì.

La Bestia

This work provides a thought-provoking account of how medical treatments can be tested with unbiased or 'fair' trials and explains how patients can work with doctors to achieve this vital goal. It spans the gamut of therapy from mastectomy to thalidomide and explores a vast range of case studies.

Testing Treatments

Graphic Novel. Retired Detroit police officer Joe Salk was a good cop, but after a little girl's murder, his wife left him because of his obsession to find her killers. Now completely alone, his need for revenge might just be helped by the young victim, returned and empowered by the spirit of vengeance, the Crow...

The Crow: Curare

150 delicious plant-based recipes designed to tackle diabetes and its complications. Finally an approach to managing diabetes that is not based on pills or injections, but on food—the most delicious “prescription” you could imagine. Written by Dr. Neal Barnard, the unparalleled expert on diabetes and health, with recipes developed by Dreana Burton, bestselling cookbook author and creator of the Plant Powered Kitchen blog, this plant-based cookbook is filled with 150 easy and delicious recipes. Inside, expect to find favorite foods like burgers, onion rings, muffins, and pudding, but approached from a healthful angle—focusing on vegetables, fruits, whole grains, and legumes. Dr. Barnard also offers thorough explanations about the scientific relationship between nutrition and diabetes, and identifies the ingredients in the book by their vitamins, nutritional properties, and health power in a simple and easy to understand way. Dr. Neal Barnard's Cookbook for Reversing Diabetes is a treasury of meals that are as tasty as they are powerful for health.

Dr. Neal Barnard's Cookbook for Reversing Diabetes

This handbook explains, in layman's terms, the cause, method of inheritance, history and current and future treatments of McArdle Disease (also known as Glycogen Storage Disease Type V). The handbook puts into plain English the published information relating to the scientific and medical research into McArdle Disease.

The McArdle Disease Handbook

Psychology and Diabetes Care: A Practical Guide is a concise handbook for the practicing diabetes clinician who is interested in gaining a better understanding of his patients, and in learning simple skills and tips to manage patients more effectively. It identifies and explores key psychological interventions in diabetes care in order to help healthcare professionals support their patients effectively. Edited by an expert on the psychology of diabetes, and with contributions from a group of specialists in diabetes psychology, this book contains a myriad of insights into how to understand and treat the type 1 or type 2 diabetes patient.

Radiologia e diagnostica per immagini

Leading medical authority Neal Barnard, MD, FACC, shows you how to put the power of a vegan diet to work with an easy, step-by-step approach. Many are looking to adopt a more healthful diet but may have questions, like: How do I plan a vegan meal? Is protein an issue? How do I make it work if I don't cook? Which are the best choices at restaurants? In THE VEGAN STARTER KIT Dr. Neal Barnard, perhaps the world's most respected authority on vegan diets, answers your questions and gives you everything you need to put vegan power to work. You'll learn how to ensure complete nutrition, and get quick-reference charts for calcium sources, tips for modifying your favorite recipes, and examples of quick and easy meals. Everything you need for permanent weight control and dramatically better health is presented. THE VEGAN STARTER KIT also includes information on healthy eating in childhood, pregnancy, and other stages of life, and a complete set of basic meals, holiday feasts, snacks, among many other features.

Psychology and Diabetes Care

An award-winning psychiatrist and neuroscientist presents seven all-natural approaches to fighting depression and anxiety by building on the body's relationship to the brain, yielding dramatic improvements quickly and permanently. Reprint. 15,000 first printing.

The Vegan Starter Kit

Designed by medical professionals, this manual is a comprehensive, portable medical reference that covers nearly one hundred diseases and conditions, including risk factors, diagnoses, and typical treatments. Most importantly, it provides the latest evidence-based information on nutrition's role in prevention and treatment.

The Instinct to Heal

"The Joint FAO/WHO Expert Consultation on Carbohydrates in Human Nutrition was held in Rome from 14 to 18 April 1997"--P. xv.

The Arithmetic Reader for Second Grade Pupils

New York Times bestselling author Dr. Neal Barnard reveals the shocking truth about cheese-the dangerous addiction that is harming your health-and presents a radical program to lose weight and feel great. We've been told that dairy does a body good, but the truth is that cheese can be dangerous. Loaded with calories, fat, and cholesterol, cheese can make you gain weight and leads to a host of health problems like high blood pressure and arthritis. Worse, it contains mild opiates that make it addictive, triggering the same brain

receptors as heroin and morphine. In *The Cheese Trap*, Dr. Neal Barnard presents a comprehensive program to help readers break free of their cheese addiction so they can lose weight, boost energy, and improve their overall health. This easy-to-follow diet features a treasury of healthy recipes that will tame even the toughest cravings—from pizza, to lasagna, to ice cream and cheesecake.

Nutrition Guide for Clinicians

Introduction -- Challenges -- potential for health gain -- Guiding principles -- Strategic approach -- Framework for action -- Taking action -- The way forward - taking the next steps -- References -- Annex 1, Annex 2.

Carbohydrates in Human Nutrition

This publication is a derived version of the International Classification of Functioning, Disability and Health (ICF, WHO, 2001) designed to record characteristics of the developing child and the influence of environments surrounding the child. This derived version of the ICF can be used by providers, consumers and all those concerned with the health, education, and well being of children and youth. It provides a common and universal language for clinical, public health, and research applications to facilitate the documentation and measurement of health and disability in child and youth populations.--Publisher's description.

The Cheese Trap

A sweeping and sensuous novel of a son's quest to recover his family's lost masterpieces, looted by the Nazis during the occupation. Max Berenzon's father is the most successful art dealer in Paris, owner of the Berenzon Gallery, home to both Picasso and Matisse. To Max's great surprise, his father forbids him from entering the family business, choosing instead to hire a beautiful and brilliant gallery assistant named Rose Clément. When Paris falls to the Nazis, the Berenzons survive in hiding, but when they return in 1944 their gallery is empty, their priceless collection vanished. In a city darkened by corruption and black marketers, Max chases his twin obsessions: the lost paintings and Rose Clément.

Gaining Health

Chronic respiratory diseases, such as asthma and chronic obstructive pulmonary disease, kill more than 4 million people every year, and affect hundreds of millions more. These diseases erode the health and well-being of the patients and have a negative impact on families and societies. This report raises awareness of the huge impact of chronic respiratory diseases worldwide, and highlights the risk factors as well as ways to prevent and treat these diseases.

International Classification of Functioning, Disability, and Health

Mental Disorders in the Classical World seeks to show through interdisciplinary work how the first medical scientists and their lay contemporaries conceptualized mental disorders and attempted to diagnose, understand and treat them.

Pictures at an Exhibition

Regular physical activity is proven to help prevent and treat noncommunicable diseases (NCDs) such as heart disease stroke diabetes and breast and colon cancer. It also helps to prevent hypertension overweight and obesity and can improve mental health quality of life and well-being. In addition to the multiple health benefits of physical activity societies that are more active can generate additional returns on investment

including a reduced use of fossil fuels cleaner air and less congested safer roads. These outcomes are interconnected with achieving the shared goals political priorities and ambition of the Sustainable Development Agenda 2030. The new WHO global action plan to promote physical activity responds to the requests by countries for updated guidance and a framework of effective and feasible policy actions to increase physical activity at all levels. It also responds to requests for global leadership and stronger regional and national coordination and the need for a whole-of-society response to achieve a paradigm shift in both supporting and valuing all people being regularly active according to ability and across the life course. The action plan was developed through a worldwide consultation process involving governments and key stakeholders across multiple sectors including health sports transport urban design civil society academia and the private sector.

Global Surveillance, Prevention and Control of Chronic Respiratory Diseases

This rich resource provides a thorough overview of current knowledge and new directions in the study of the biological, psychological, social, and cultural factors that affect health, health behavior, and illness. Chapters review the latest theories and research with an emphasis on how research is translated into behavioral medicine interventions. Featuring contributions from top researchers and rising stars in the field, authors provide a theoretical foundation; evaluate the empirical evidence; and make suggestions for future research, clinical practice, and policy. The handbook reflects the latest approaches to health psychology today, including: Emphasis throughout on the socio-cultural aspects of health, including socioeconomic status, gender, race/ethnicity, sexual orientation, and age/developmental stage A new section on emerging areas in health psychology, including behavioral genomics, military veterans' health, and digital health Coverage of prevention, interventions, and treatment in the applications section An expansion of the biopsychosocial model across several levels of analysis, including cultural, macro-social, and cellular factors Sustained emphasis on translating research into practice and policy The handbook considers the intersections of concepts (behavior change), populations (women's and sexual minority health), cultural groups (African American, Asian American, and Latino), risk and protective factors (obesity, coping), and diseases (cancer, diabetes, HIV), making it essential reading for scholars of health psychology, public health, epidemiology, and nursing. Novices to the field appreciate the accessibly written chapters, while seasoned professionals appreciate the book's deep, cutting-edge coverage.

Mental Disorders in the Classical World

Ogni reale ha il suo piccolo e sporco segreto. Il suo ero... io. Avrebbe dovuto essere semplice. Vado al ballo, incontro il principe, e mi assicuro il suo patrocinio per il mio ente di beneficenza preferito. Ma sotto la maschera, la bestia minacciosa di un uomo non era affatto quello che mi aspettavo. Era oscuro, intenso e stranamente silenzioso. Quando me ne sono andata, sentivo ancora il fuoco del suo tocco sulla mia pelle. Ha infestato i miei sogni, ma non mi sarei mai aspettata di rivederlo. Poi, è venuto. E mi ha presa. E ho imparato che la sua oscurità era un vuoto che non avrei mai potuto concepire. È il principe ereditario. E ora, sono sua prigioniera.

Global Action Plan on Physical Activity 2018-2030

"Every year between 250 000 and 500 000 people suffer a spinal cord injury, with road traffic crashes, falls and violence as the three leading causes. People with spinal cord injury are two to five times more likely to die prematurely. They also have lower rates of school enrollment and economic participation than people without such injuries. Spinal cord injury has costly consequences for the individual and society, but it is preventable, survivable and need not preclude good health and social inclusion. Ensuring an adequate medical and rehabilitation response, followed by supportive services and accessible environments, can help minimize the disruption to people with spinal cord injury and their families. The aims of International perspectives on spinal cord injury are to: ---assemble and summarize information on spinal cord injury, in particular the epidemiology, services, interventions and policies that are relevant, together with the lived

experience of people with spinal cord injury; ---make recommendations for actions based on this evidence that are consistent with the aspirations for people with disabilities as expressed in the Convention on the Rights of Persons with Disabilities.

Handbook of Health Psychology

Enter Chloe's Kitchen for delicious vegan recipes everyone will love. Chloe Coscarelli, the first-ever vegan chef to win Food Network's hit show Cupcake Wars, brings her trademark energy to this fun and healthy cookbook, including animal-free reinterpretations of 125 of America's favorite foods. Whether you're newly transitioning to veganism, a long-time vegetarian looking for some new ideas, or a busy mom introducing Meatless Mondays to her family, you'll find quick and easy recipes that will convert even the most reluctant to the delicious rewards of a plant-based diet. Chef Chloe's first-ever cookbook, illustrated throughout with gorgeous full-color photos of the mouthwatering dishes, offers helpful advice on how to set up your own kitchen for stress-free, healthful eating, as well as nutritional information, with support from the foreword by well-known physician Neal D. Barnard, M.D. Foodies of all stripes will revel in the huge array of incredibly appetizing, inventive recipes, all made with easily available ingredients, from savory starters to decadent desserts. Her comforting macaroni and cheese, creamy Fettuccine Alfredo, crave-inducing sliders and fries, and adaptations of the most popular Chinese, Indian, and Mexican dishes will win over carnivores, omnivores, vegetarians, and vegans alike. With Chef Chloe, eating vegan doesn't mean giving up your favorite treats and flavors. Those with food allergies will appreciate the instructions throughout for making these meat-, egg-, and dairy-free recipes without gluten and soy, so everyone can enjoy them. And the icing on the (cup)cake is her renowned, coveted desserts—including the first publication of the recipes for her Cupcake Wars-winning vegan cupcakes—the ultimate indulgence without busting your belt.

The Ordinal of Alchemy

The simple, science-based, "Paleo perfected" (Vogue) diet that promotes effortless weight loss and peak health—written by two Harvard scientists. In Perfect Health Diet, Paul and Shou-Ching Jaminet explain in straightforward terms how anyone can regain health and lose weight by optimizing nutrition, detoxifying the diet, and supporting healthy immune function. They show how toxic, nutrient-poor diets sabotage health, and how on a healthy diet, diseases often spontaneously resolve. Perfect Health Diet makes weight loss effortless with a clear, balanced, and scientifically proven plan to change the way you eat—and feel—forever!

Il Rapimento di Cenerentola

A guide to food allergies that provides information on creating and maintaining a healthy intestinal boundary, related conditions, label reading, celiac disease, nutrition planning, and other related topics; and includes recipes.

International Perspectives on Spinal Cord Injury

Train dogs based on "social learning"? Yes! Recent research suggests that dogs can engage in social learning which includes the ability to observe the actions of other dogs and imitate them to learn new behaviors. The big news for dog trainers is that author Claudia Fugazza and her colleagues in Europe have discovered that dogs can also imitate people. This natural skill can be used to teach dogs new behaviors using the Do As I Do protocol presented in this book-DVD combination. The "Do As I Do" method is particularly useful in working with service dogs and canine athletes who must master skills such as ringing a bell, jumping over a hurdle, spinning and dozens more. Learn about: The fascinating research which shows that dogs can observe, then imitate human behavior and remember it over time. How you can start with a known behavior, then teach the dog to perform the behavior after observing you demonstrate it, followed by the new cue "Do it!" Eventually the dog learns that "Do it!" means to do whatever has just been demonstrated by

the trainer, even new behaviors. How this method can build a closer bond between you and your dog, bring new energy and joy to your training efforts and challenge your thinking about how dogs learn. Book jacket.

Chloe's Kitchen

Major accidents are rare events due to the many barriers, safeguards and defences developed by modern technologies. But they continue to happen with saddening regularity and their human and financial consequences are all too often unacceptably catastrophic. One of the greatest challenges we face is to develop more effective ways of both understanding and limiting their occurrence. This lucid book presents a set of common principles to further our knowledge of the causes of major accidents in a wide variety of high-technology systems. It also describes tools and techniques for managing the risks of such organizational accidents that go beyond those currently available to system managers and safety professionals. James Reason deals comprehensively with the prevention of major accidents arising from human and organizational causes. He argues that the same general principles and management techniques are appropriate for many different domains. These include banks and insurance companies just as much as nuclear power plants, oil exploration and production companies, chemical process installations and air, sea and rail transport. Its unique combination of principles and practicalities make this seminal book essential reading for all whose daily business is to manage, audit and regulate hazardous technologies of all kinds. It is relevant to those concerned with understanding and controlling human and organizational factors and will also interest academic readers and those working in industrial and government agencies.

Perfect Health Diet

The demand for academic coursework and corporate training programs using the Internet and computer-mediated communication networks increases daily. The development and implementation of these new programs requires that traditional teaching techniques and course work be significantly reworked. This handbook consists of 20 chapters authored by experts in the field of teaching in the online environment to adult students enrolled in graduate university degree programs, corporate training programs, and continuing education courses. The book is organized to first lay a conceptual and theoretical foundation for implementing any online learning program. Topics such as psychological and group dynamics, ethical issues, and curriculum design are covered in this section. Following the establishment of this essential framework are separate sections devoted to the practical issues specific to developing a program in either an academic or corporate environment. Whether building an online learning program from the ground up or making adjustments to improve the effectiveness of an existing program, this book is an invaluable resource.--From Amazon.

Five a Day for Better Health

Food Allergy Survival Guide

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