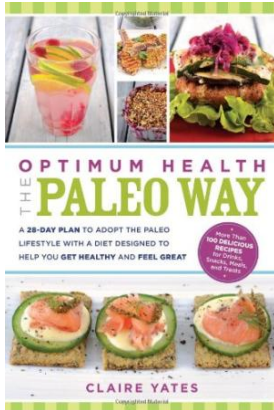


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# OPTIMUM HEALTH THE PALEO WAY: A 28-DAY PLAN TO ADOPT THE PALEO LIFESTYLE WITH A DIET DESIGNED TO HELP YOU GET HEALTHY AND FEEL GREAT



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- Authored by Yates, Claire
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