

"TAKING IN THE RIGHT WAY AND EATING
CONSCIOUSLY ARE THE MAIN REASONS WHY
EATING WELL DOESN'T ALWAYS
CAN BE A CHALLENGE."

—Dr. David S. Wyder, M.D.,
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THE HILTON HEAD OVER-35 DIET



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Vacations that Can Change Your Life Ellen Lederman,1998 This ultimate vacation guide is the perfect source of inspiration featuring over 200 life changing destinations that go beyond routine vacations including holistic spiritual healing health promoting self improvement and learning vacations

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