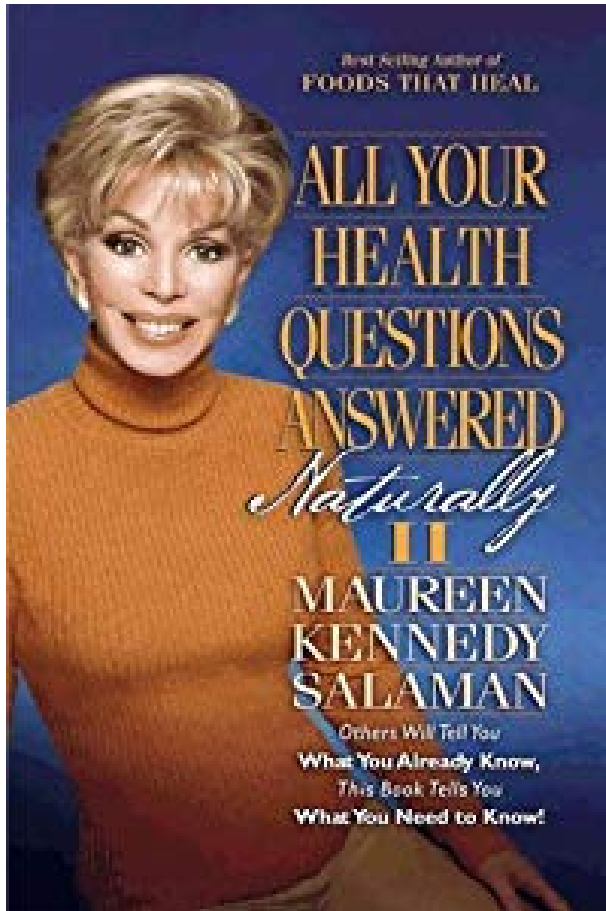


# All Your Health Questions Answered Naturally II



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This completely revised nutritional encyclopedia is the only reference book you'll ever need. Others tell you what you already know; Maureen tells you what you need to know. Over 160 insightful chapters inform you of alternative and natural means not only to maintain and better your health but also to combat many ailments.