



# BEYOND diet

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*Start Eating Well...*

**and Start Living!**

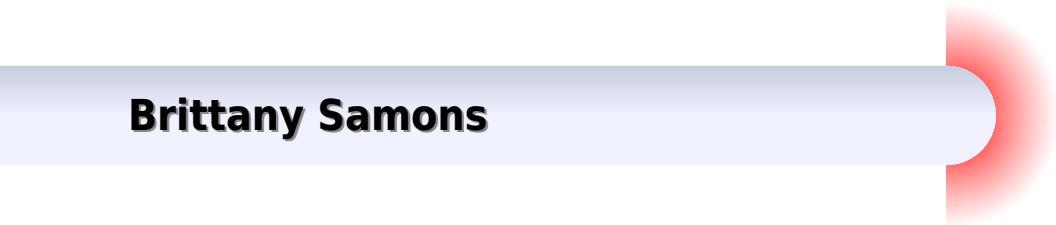


By Isabel  
De Los Rios

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# Beyond Diet Manual

**Brittany Samons**



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