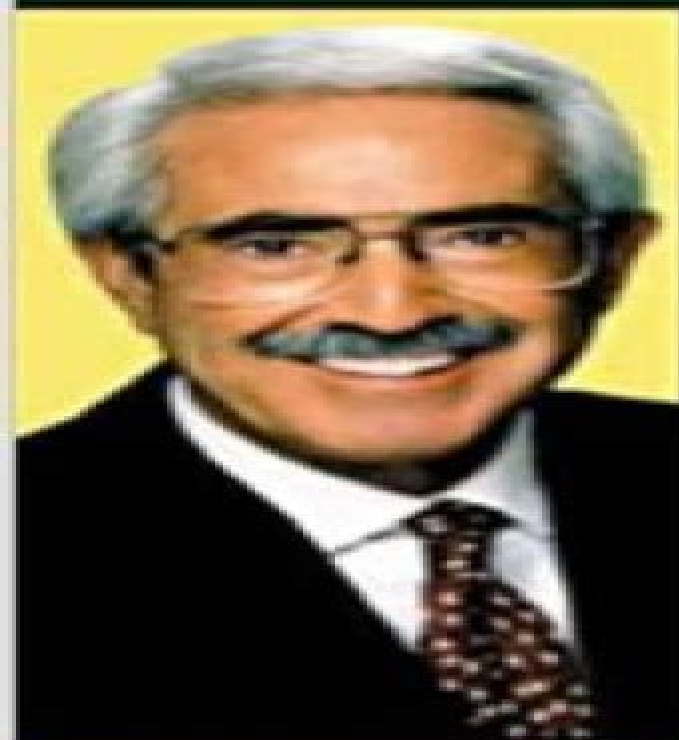


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# **DR. ART ULENE'S COMPLETE GUIDE TO**



## **VITAMINS MINERALS AND HERBS**

**ART ULENE, MD**

BEST-SELLING AUTHOR OF THE NUTRIBASE  
NUTRITION FACTS DESK REFERENCE

# Dr Art Ulenes Complete Guide To Vitamins Minerals And Herbs

**Art Ulene (M. D.)**



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**Dr. Art Ulene's Complete Guide To Vitamins, Minerals, and Herbs. America's Health Doctor Helps You Design Your Own Nutritional Program for Better Health** Art Ulene (M. D.),2000

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putting together a customized easy to follow weight loss program If you ve been frustrated by one size fits all diet plans it s time to learn what s really keeping you from reaching your goal With *Why You Can t Lose Weight* you ll discover how to lose weight and enjoy radiant health *The Publishers Weekly* ,1999     **Stretching** Bob Anderson,2000 Illustrates stretching exercises designed to increase flexibility and help prevent injury and suggests specific stretch routines for a variety of sports

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