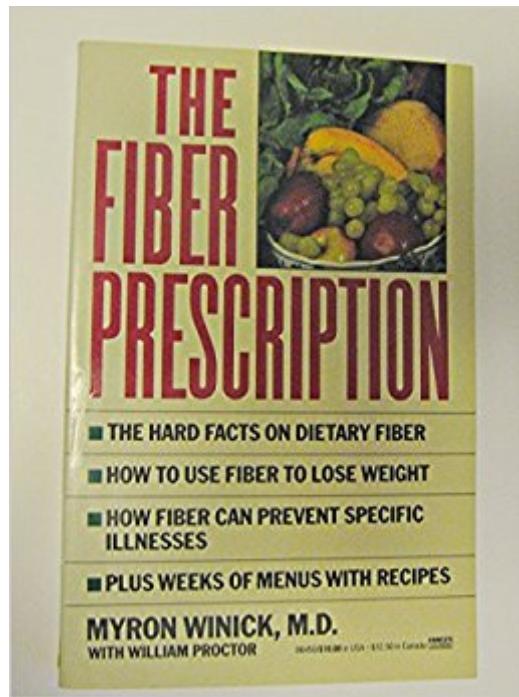


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The Fiber Prescription



Book Information

Paperback: 197 pages

Publisher: Ballantine Books; 1st edition (July 28, 1992)

Language: English

ISBN-10: 0449904504

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Product Dimensions: 0.5 x 5.2 x 8 inches

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Average Customer Review: 5.0 out of 5 stars See all reviews (2 customer reviews)

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Customer Reviews

This was a fun book to read because of the examples of real life situations. The recipes were a big hit with my family. Fiber is a key part of a healthy diet and the recipes were a practical way to help me with my irritable bowel syndrome.

Great purchase

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