

Real Food Has Curves

By Bruce/ Scarborough, Mark/ Sondhe, Nisha
(PHT) Weinstein

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Real Food Has Curves How to eat better, live well, and weigh less na Bruce Weinstein, Mark Scarbrough, Nisha Sondhe Hardcover, 256 Kurasa, Kuchapishwa 2010 na Simon

" Real Food Has Curves" By Bruce Weinstein & Mark -

The subtitle is "How to Get Off Processed Food, Lose Weight and Love What You Eat." The authors' premise is that chemicals in our brain expect real food when we eat.

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