

Food for Your Body: How to Look and Feel Your Best (Reader's Digest)

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=9999920579675&lokasi=lokal>

Abstrak

A perfect companion to the best-selling FOODS THAT HARM, FOODS THAT HEAL

- A practical guide to healthy eating
- How to eat well whatever your age or lifestyle
- Hundreds of delicious recipes and menu ideas
- Authoritative advice on using diet to beat or avoid illness