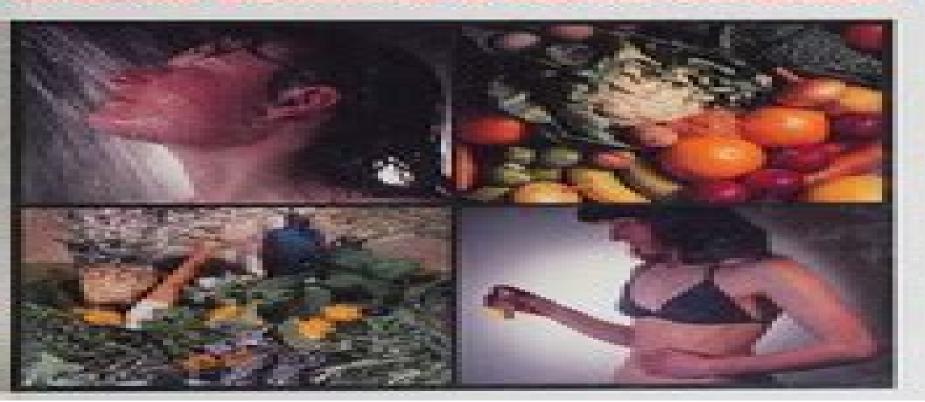
# THE MANUAL OF NATURAL LIVING

How to Stay Well the Natural Way

Depoxification and Fasting
Vegetarisms and the Macrobiotic Theory
Accomatic Plant Essences
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## **Manual Of Natural Living**

**Epictetus, Nicholas P. White** 

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