

NATURAL HYGIENE
Man's Pristine Way Of Life

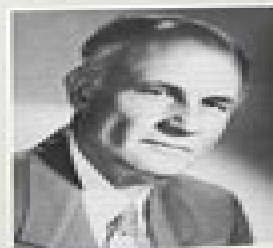
HERBERT M. SHELTON

ROK
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HERBERT M. SHELTON

NATURAL HYGIENE

Man's Pristine Way Of Life



"Health and disease are the same thing—
vital action intended to preserve,
maintain, and protect the body.
There is no more reason for treating disease
than there is for treating health."

Herbert M. Shelton

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ROK BERNARDIC

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