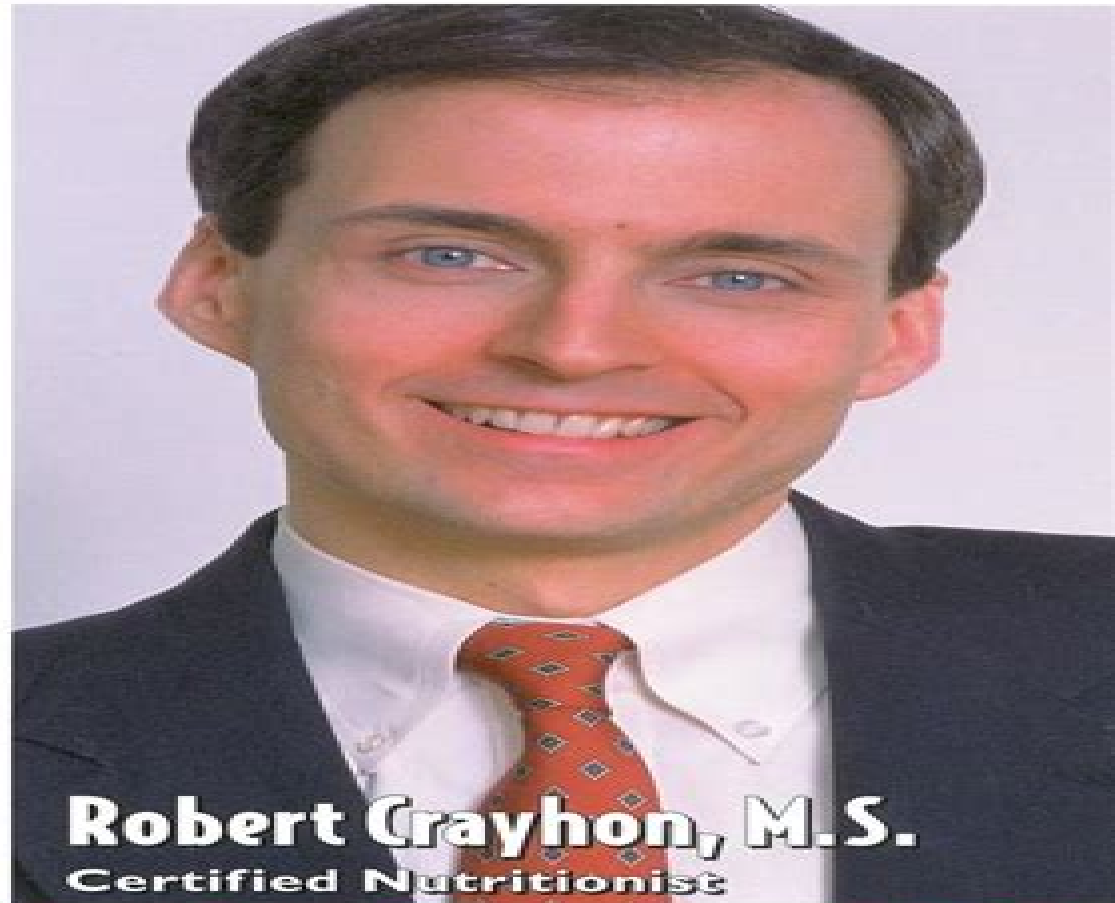


ROBERT CRAYHON'S NUTRITION MADE SIMPLE

A

Comprehensive
Guide to the
Latest Findings
in Optimal
Nutrition



Robert Crayhon, M.S.
Certified Nutritionist

Foreword by **Ann Louise Gittleman, M.S.**

AUTHOR OF **BEYOND PRITIKIN** AND **SUPER NUTRITION FOR MEN**

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