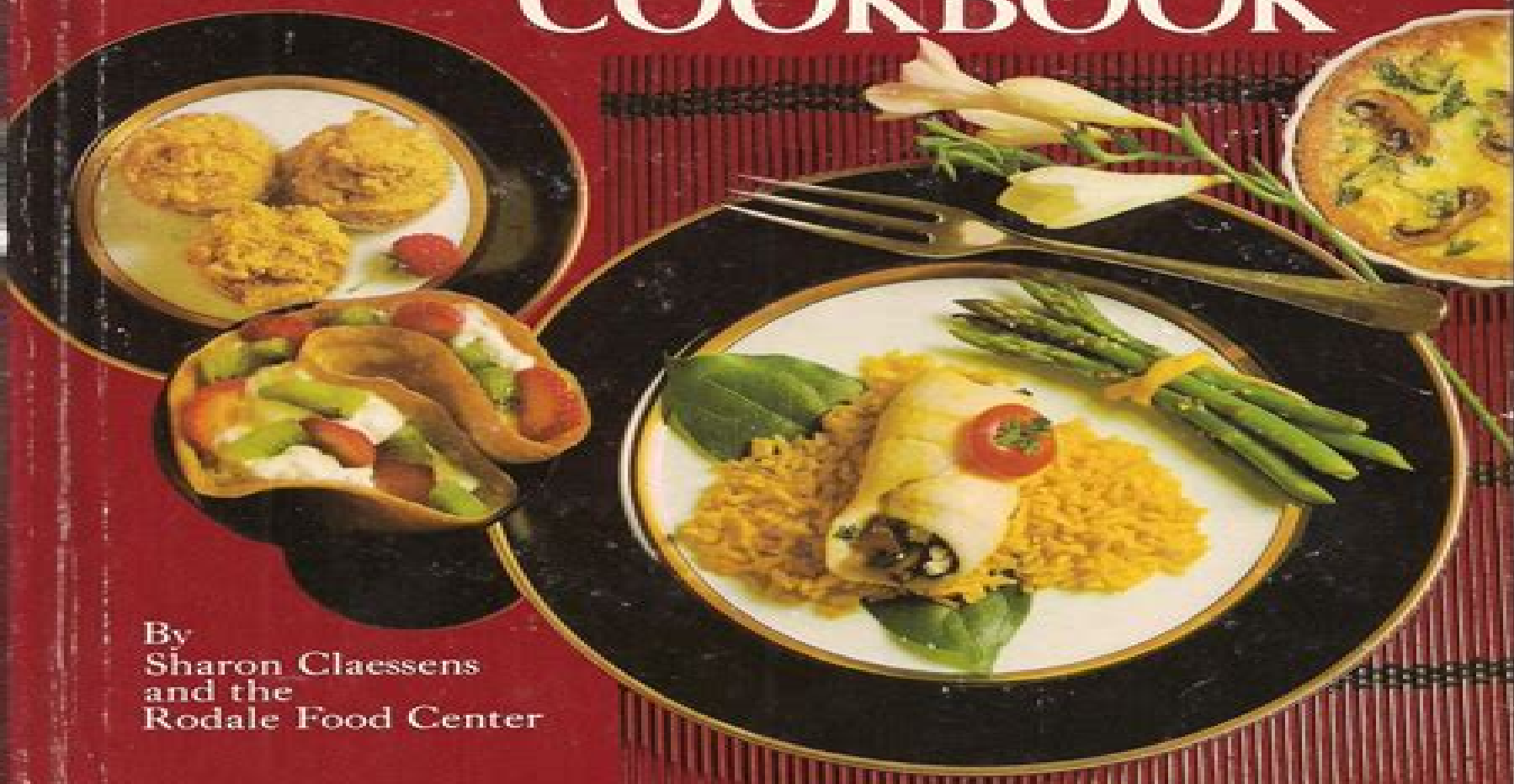


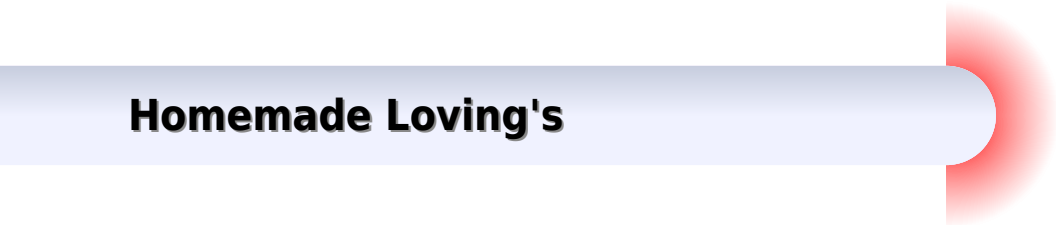
THE LOSE WEIGHT NATURALLY COOKBOOK



By
Sharon Claessens
and the
Rodale Food Center

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