



# **Your Health, Your Choice: Your Complete Personal Guide to Wellness, Nutrition & Disease Prevention**

*Jr., M.A. Dr. M. Ted Morter*

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## **Your Health, Your Choice: Your Complete Personal Guide to Wellness, Nutrition & Disease Prevention** Jr., M.A. Dr. M. Ted Morter

A unique summary of how foods affect how you feel, why some types of everyday foods can lead to disease, and ways to adjust your diet slowly and safely.

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