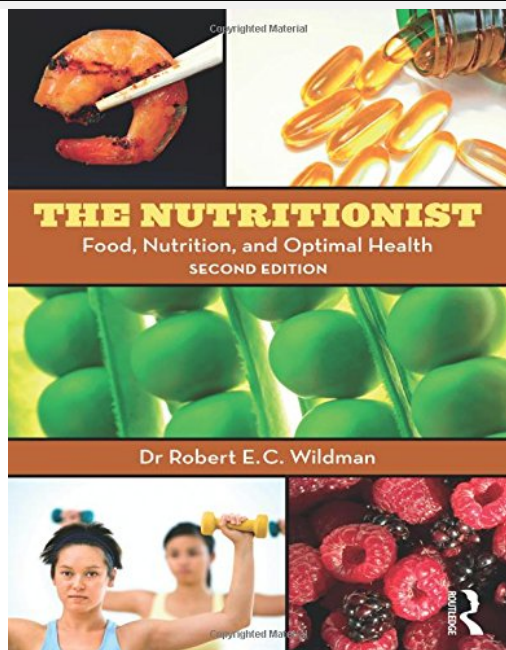

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Book Synopsis

Now in an updated and expanded new edition, *The Nutritionist: Food, Nutrition, and Optimal Health, 2nd Edition*, provides readers with vital information about how to simply but radically improve their daily lives with the science of nutrition, balance their diets to achieve more energy, and improve health and longevity.
