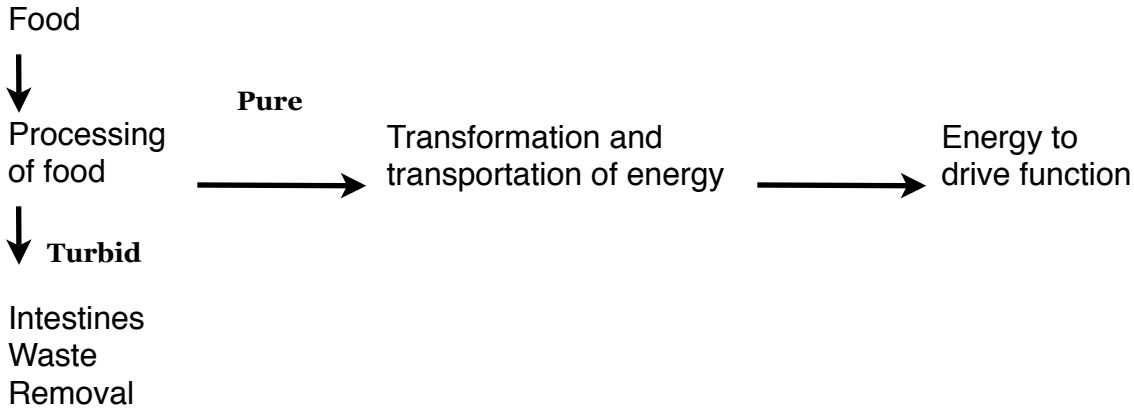
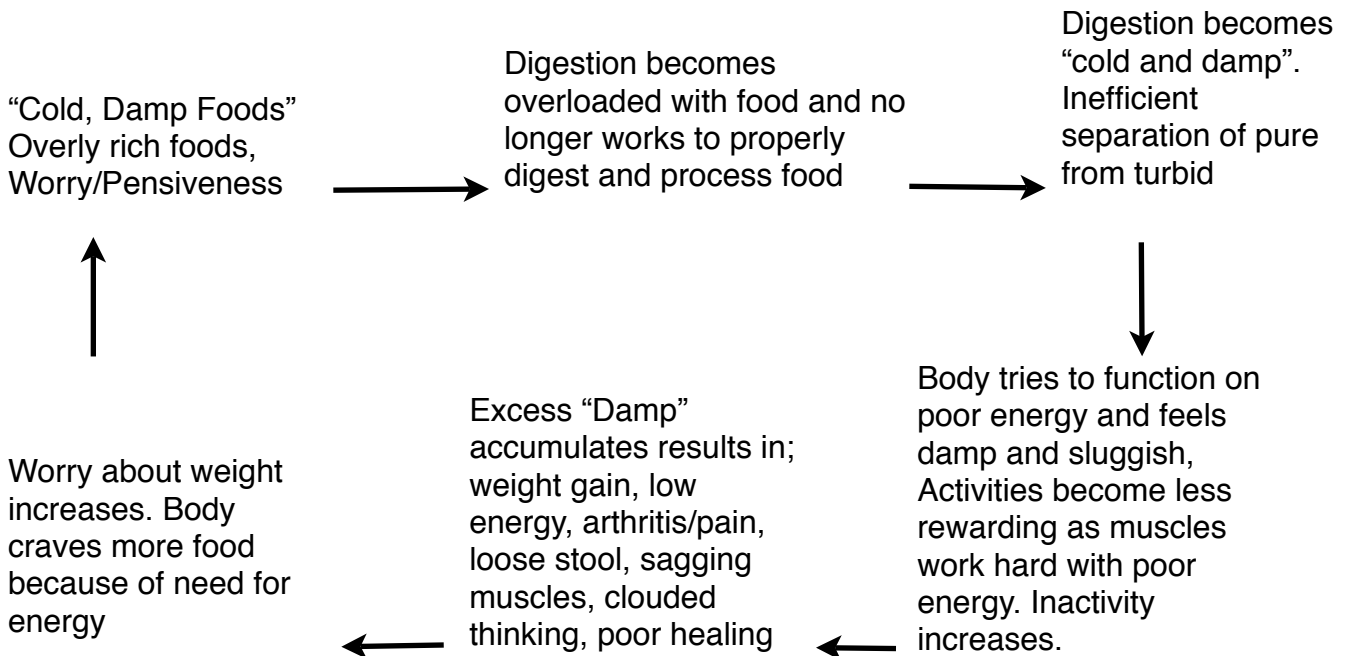


Eating Healthy To Lose Weight

Proper Digestive Function



Deficient Digestive Function



Further Reading

The Tao of Healthy Eating by Bob Flaws
Healing With Whole Foods by Paul Pitchford
The Tao Of Nutrition by Maoshing Ni



Hartland Acupuncture & Herbal Medicine

Ancient wisdom for our modern age

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