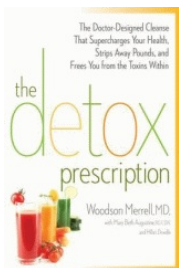


# Imported from My Lists: Food Fitness

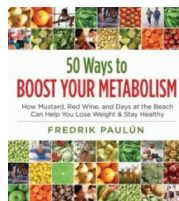
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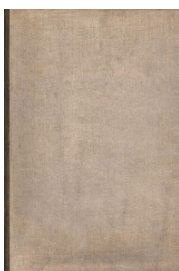
## The detox prescription

Woodson Merrell, MD, with Mary Beth Augustine, MS, RDN, and Hillari Dowdle ; with a foreword by Dean Ornish, MD.



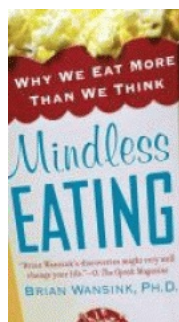
## 50 ways to boost your metabolism

Fredrik Paul un ; translated by Ellen Hedstr om.



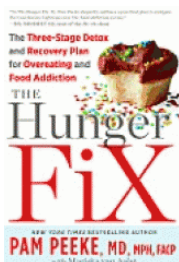
## Beat overeating now!

Scott Isaacs.



## Mindless eating

Brian Wansink.



## The hunger fix

Pamela Peeke with Mariska van Aalst.



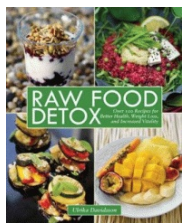
## An economist gets lunch

Tyler Cowen.

# Imported from My Lists: Food Fitness

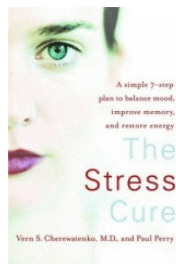
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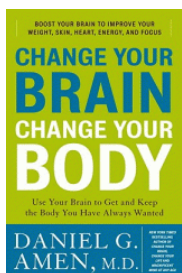
## Raw food detox

Ulrika Davidsson ; photography by Malte Danielsson ;  
[translation by Stine Ostveit].



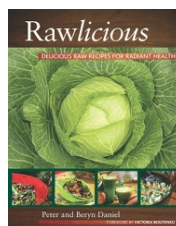
## The stress cure

Vern S. Cherevatenko and Paul Perry.



## Change your brain, change your body

Daniel G. Amen.



## Rawlicious

Peter and Beryn Daniel.