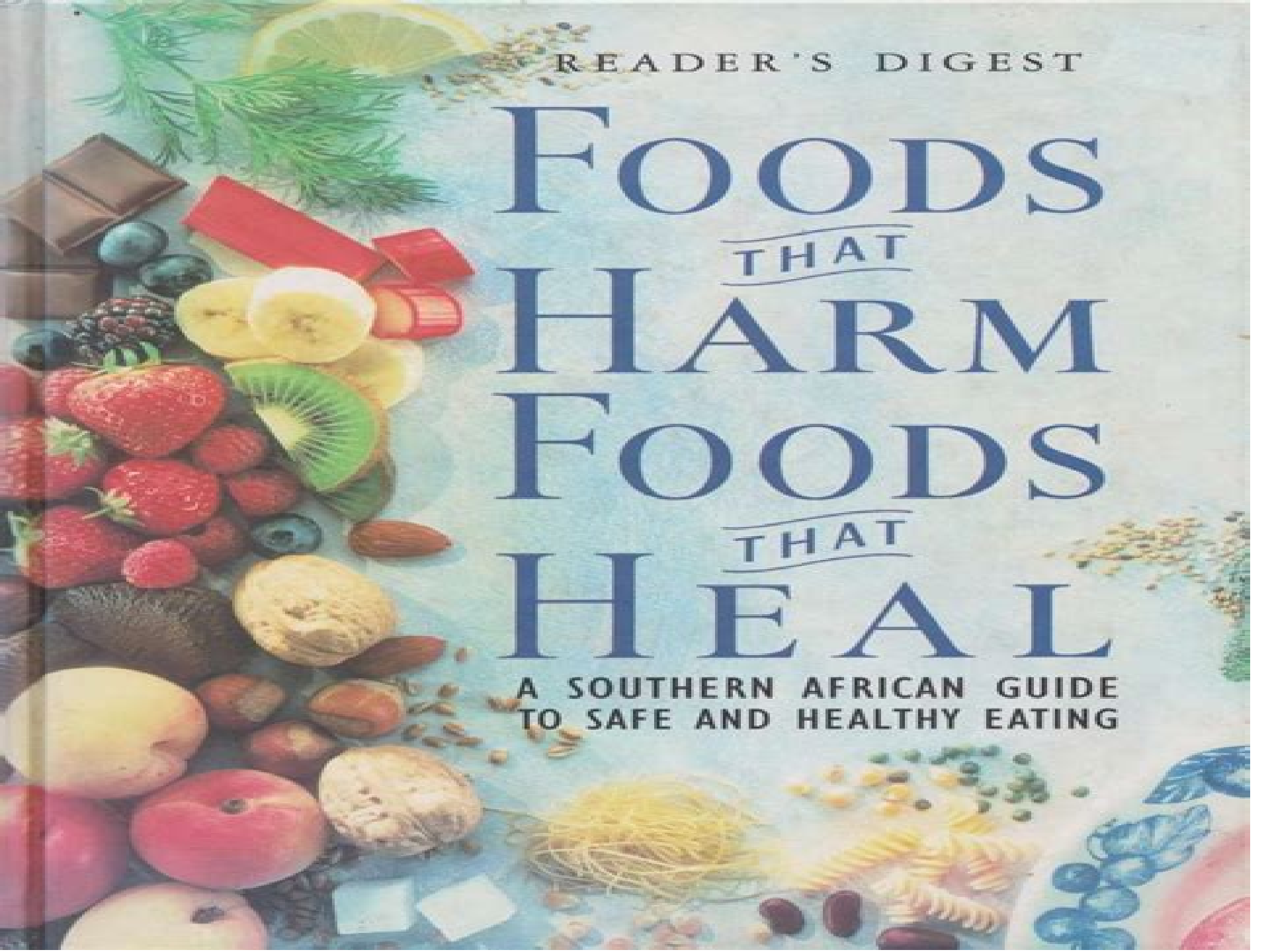




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A SOUTHERN AFRICAN GUIDE
TO SAFE AND HEALTHY EATING

Mds Guide To Healing Foods

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