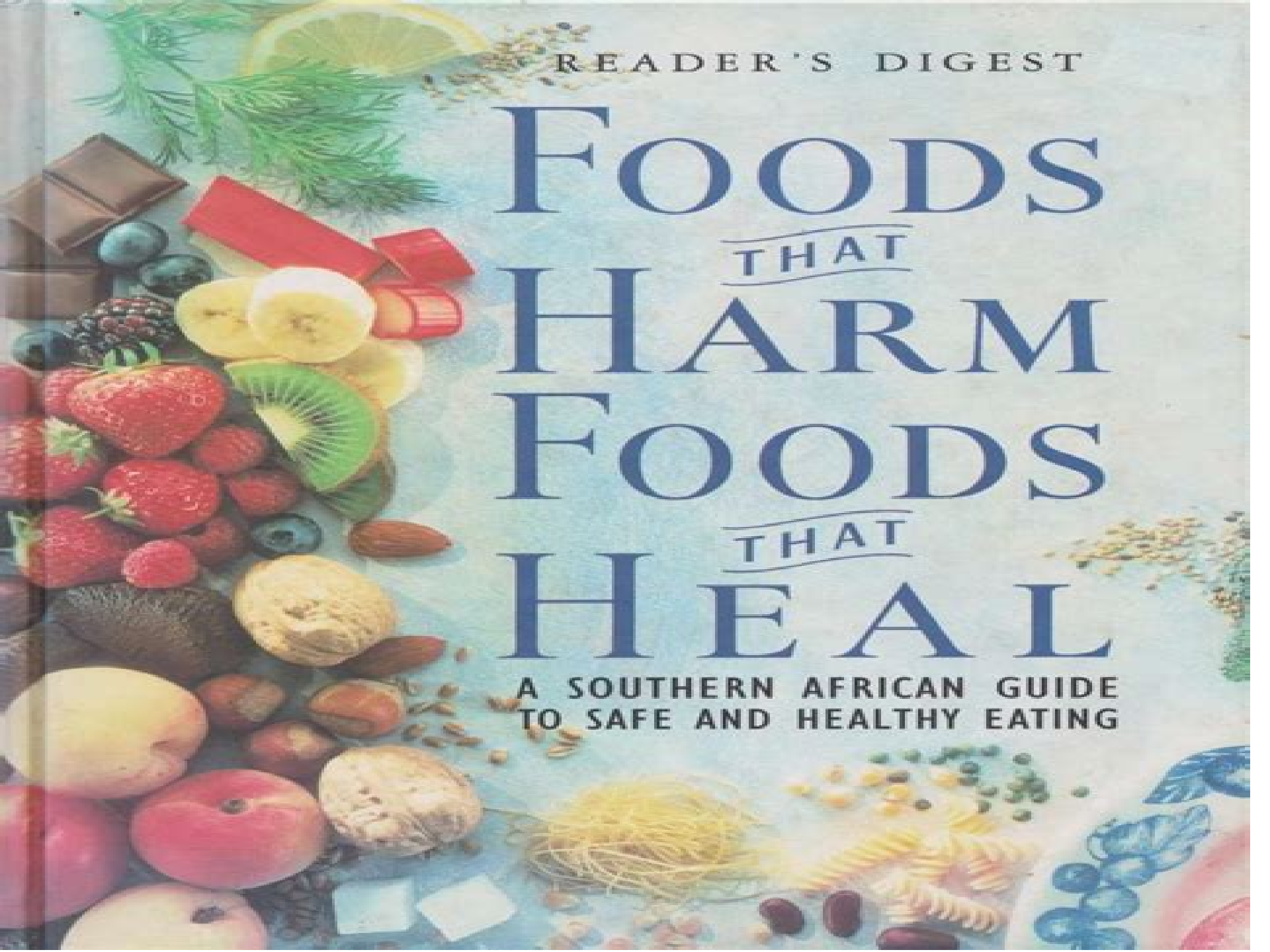
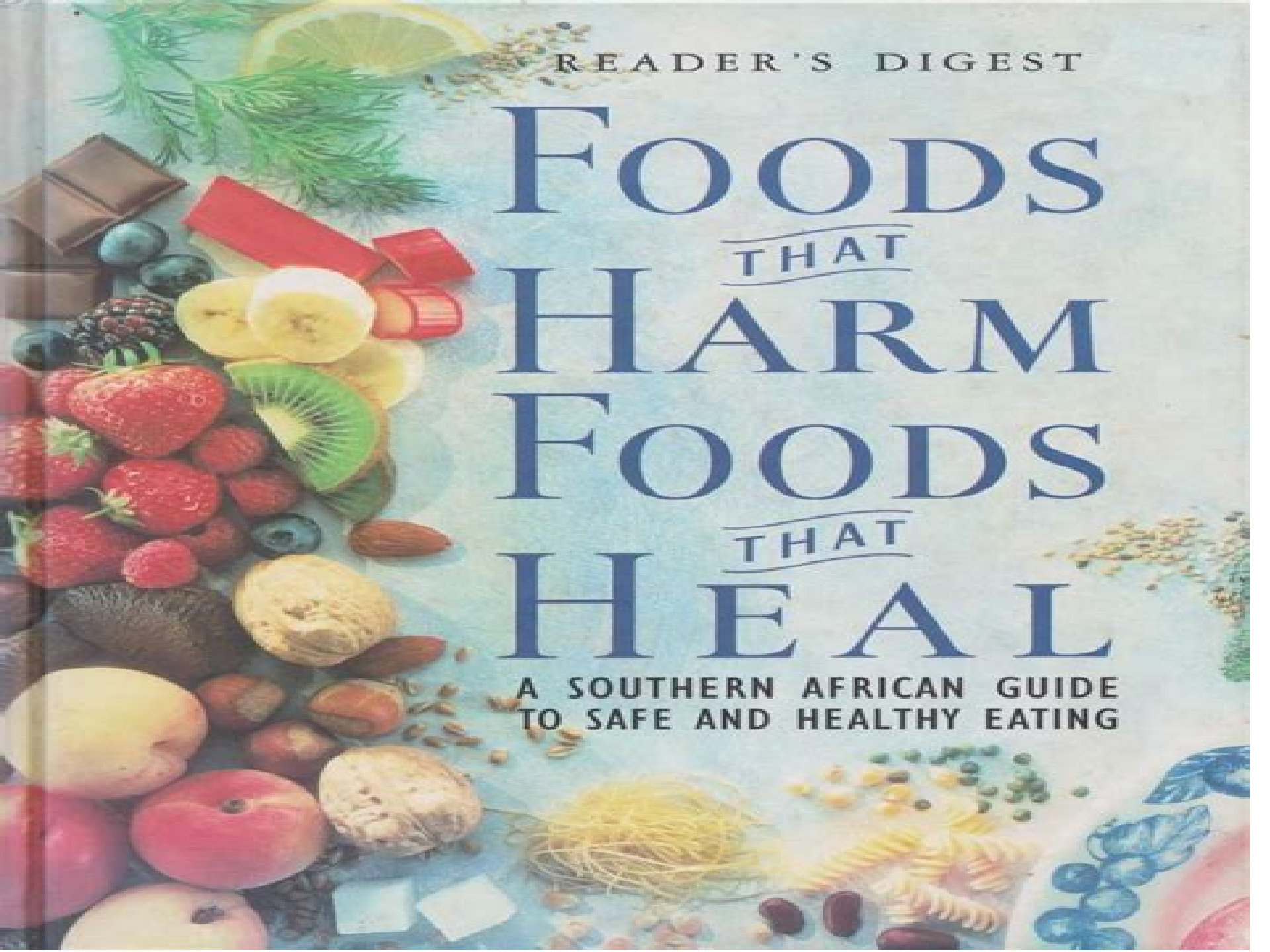




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A SOUTHERN AFRICAN GUIDE
TO SAFE AND HEALTHY EATING



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The image shows the front cover of a book. The background is a light blue-grey color. On the left side, there is a detailed illustration of various foods: strawberries, blueberries, kiwi slices, banana slices, almonds, peaches, and some nuts. At the top left, there are some green herbs and a lemon slice. At the bottom, there are illustrations of spaghetti, penne pasta, and some red beans. The text is centered on the right side. At the top, it says 'READER'S DIGEST' in a small, black, serif font. Below that, the title 'FOODS THAT HARM FOODS THAT HEAL' is written in a large, blue, serif font. The words 'THAT' are smaller and underlined. At the bottom, the subtitle 'A SOUTHERN AFRICAN GUIDE TO SAFE AND HEALTHY EATING' is written in a black, serif font.

Mds Guide To Healing Foods

Rachel S Tattersall



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