



Cooking for the New Hippocratic Diet (New Hippocratic Diet Series)

Irving Cohen

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This book is a companion to Dr. Cohen's New Hippocratic Guide: How to Really Lose Weight and Beat the Obesity Epidemic and Diabetes Recovery: Reversing Diabetes with the New Hippocratic Diet. It provides recipes and cooking guides specific to those following these plans. Recipes have been contributed by and tested by those successfully following these plans.



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