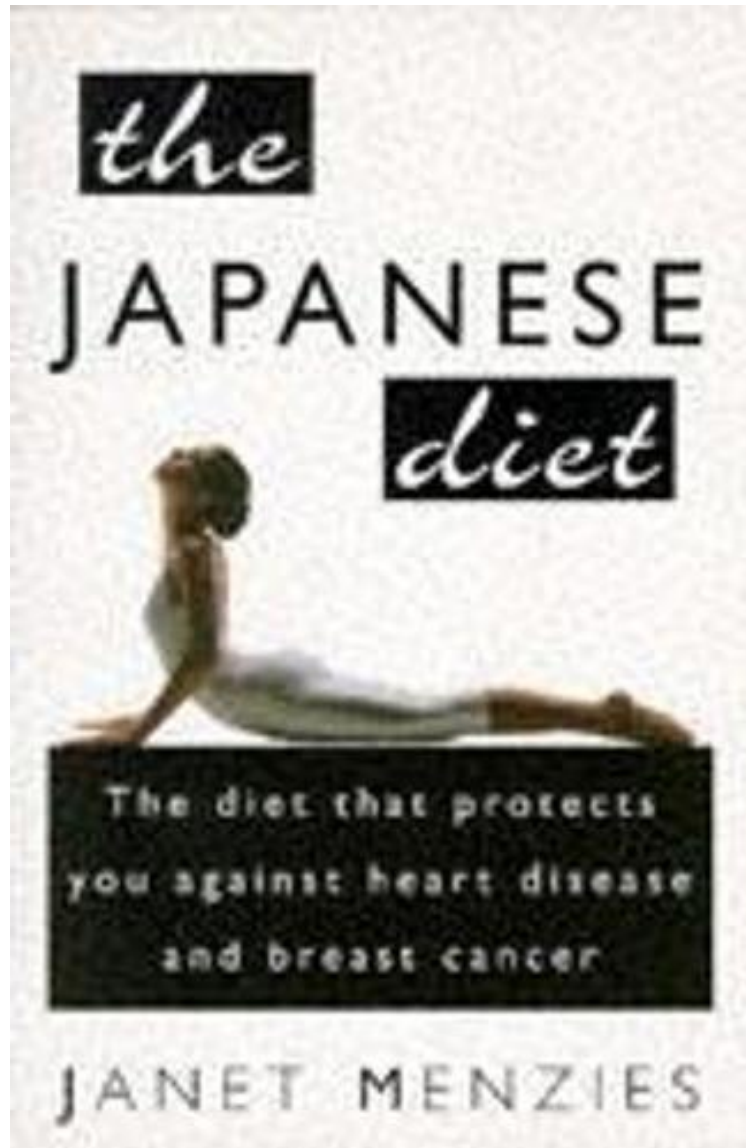


(Ebook pdf) The Japanese Diet: The Diet That Protects You Against Heart Disease and Breast Cancer

The Japanese Diet: The Diet That Protects You Against Heart Disease and Breast Cancer

Janet Menzies

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A health programme based on the diet followed by the Japanese. The book includes delicious recipes, meal planners, cooking techniques and a shopping list of important ingredients.