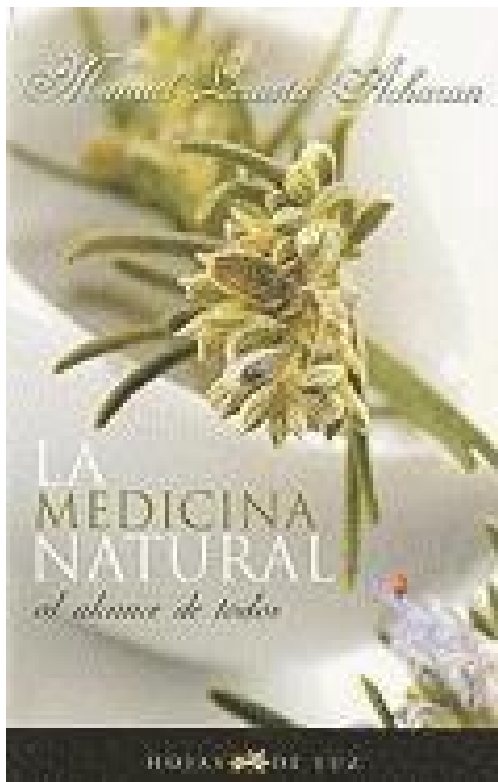


La Medicina Natural al Alcance de Todos = Natural Medicine Available to All

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Manuel Lazaeta Acharan

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In this book, Manuel Lezaeta shows the reader the ways that nature gives us to restore and maintain our health without chemicals, drugs or surgery. Contains abundant healthy living tips for readers in how to choose their food, how to chew properly, to digest, to breath, to sleep and to practice proper exercise to enjoy perfect health, besides the benefits of allopathic medicine.



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