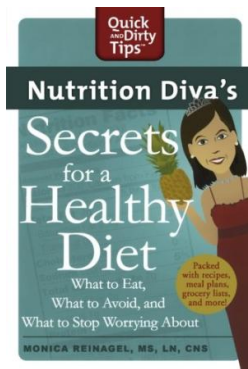


## Nutrition Diva's Secrets for a Healthy Diet: What to Eat, What to Avoid, and What to Stop Worrying About



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