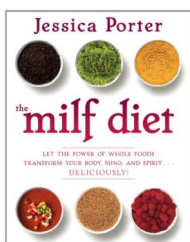


## The MILF Diet: Let the Power of Whole Foods Transform Your Body, Mind, and Spirit . . . Deliciously!



### Book Review

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