

**Judul:**

The hormone diet : a 3-step program to help you lose weight, gain strength, and live younger longer

**Pengarang/Penulis:**

Turner, Natasha, author

**Subjek:**

Diet therapy; Hormone therapy; Reducing diet; Vulgarisation

**Nomor Panggil:**

615.854 TUR h

**Penerbitan:**

Rodale

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