

Judul:

The McDougall Program for a Healthy Heart: A Lifesaving Approach to Preventing and Treating Heart Disease

Pengarang/Penulis:

McDougall, John A, author

Subjek:

Heart-Diseases-Prevention; Cardiovascular health-Diet therapy; Heart disease-Lifestyle modification; Nutrition-Plant-based diet

Nomor Panggil:

616.12 MCD m

Penerbitan:

Plume

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