



# **Healthy Living: A Holistic Guide to Cleansing, Revitalization and Nutrition**

*Susana Lombardi*



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**Healthy Living: A Holistic Guide to Cleansing, Revitalization and Nutrition** Susana Lombardi  
Healthy Living reveals:

- \* How fasting can save your life!
- \* How your body can rejuvenate itself.
- \* How you can achieve and maintain balanced health.
- \* How to improve your well-being.
- \* How you can prepare delicious vegetarian dishes including soups, entrees, salads, beverages and desserts.



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