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**Epstein Lawrence**  
**Author Nov 01 2006**

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About The Book. In this revised and updated edition of the bestselling Eat, Drink, and Be Healthy, Dr. Walter Willett, for twenty-five years chair of the renowned Department of Nutrition at the Harvard T.H. Chan School of Public Health and Professor of Medicine at Harvard Medical School, draws on

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medicine. It deftly summarizes the scientific evidence for the healing potential of this traditional Chinese system of body movement and gives readers practical advice for using it in everyday life. I recommend it highly."

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