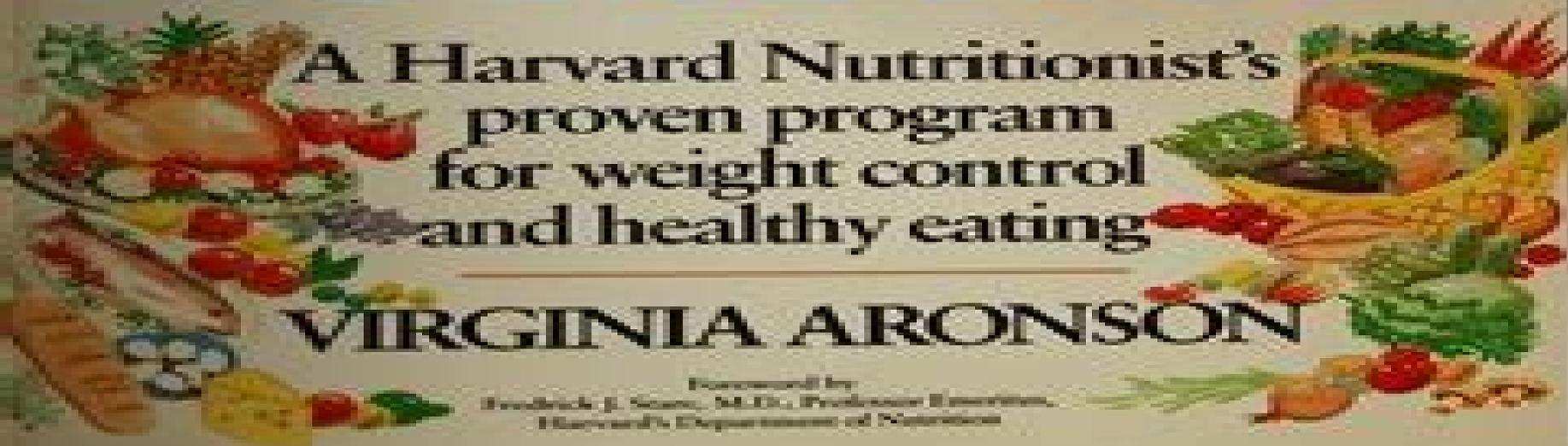


THIRTY DAYS TO BETTER NUTRITION

A Harvard Nutritionist's
proven program
for weight control
and healthy eating

VIRGINIA ARONSON

Foreword by
Frederick J. Stare, M.D., Professor Emeritus,
Harvard's Department of Nutrition



Thirty Days To Better Nutrition

Pastor Yves Gerard



Thirty Days To Better Nutrition:

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