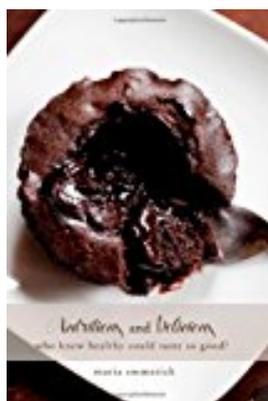


[PDF] Nutritious And Delicious

Maria Emmerich - pdf download free book



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Description:

About the Author Maria Emmerich is a wellness expert in nutrition and exercise physiology. She shares a passion for helping others reach their goals of optimal health. Do you need help with your diet, exercise, hormones, mood, or just need some emotional support along your journey to health? Maria is the nutritionist for you. She struggled with her weight throughout childhood and decided enough was enough. She went to college to learn about health and wellness so she could help others stop wasting their time being discouraged with their outward appearance. Maria understands the connection between food and how it makes us all feel on the inside and out. Here the one-on-one attention to clients is unbeatable.

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