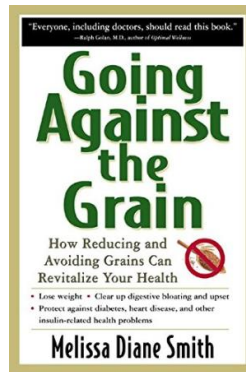


Going Against the Grain: How Reducing and Avoiding Grains Can Revitalize Your Health



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