



Topic: Medicine-Miscellaneous, Number 2020-1

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ABSTRACT: Find medicine miscellaneous to help you stay up to date and help manage health conditions such as diabetes, obesity, and others.

ABSTRACT: Beverages and food provide the energy and nutrients needed to improve health, manage disease, and reduce the risk of disease. Dr.Kuzmar says: "Being obese is not being heavy and being thin is not being light". So more attention should be paid to body fat.

Nutrition

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