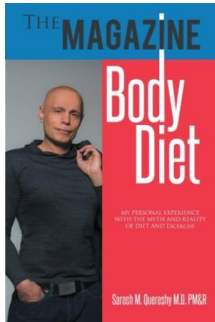


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AuthorHouse. Paperback. Condition: New. 90 pages. Dimensions: 8.8in x 6.0in x 0.4in. Dr. Sarosh Quereshy is a sports medicine physician who received his training from the prestigious Cornell Medical Center in New York City. He has used his medical background in this specialized field, in addition to over two years of extensive current research to devise The Magazine Body Diet and Q-Force Exercise Regimen. Both of these programs for healthy living apply across the board to all ages, healthphysical conditions, and...

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