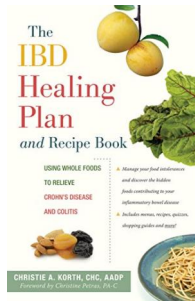


## The Ibd Healing Plan and Recipe Book: Using Whole Foods to Relieve Crohns Disease and Colitis



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