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## THE FRENCH TWIST (PAPERBACK)



Morgan James Publishing llc, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book. Americans diet while the French dine. But is it true that French women don t get fat? Is there a French Paradox--the counterintuitive notion that a diet that includes cheese, chocolate, and wine is associated with improved cardiovascular health and weight management? The ancient wisdom and long-held traditions of the French have, in fact, been validated. Recent and groundbreaking nutritional science confirms what the French...

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- Authored by Carol Cottrill
- Released at 2012



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