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Diet *for* Beginners

Kitty Martone

A **7-DAY PLAN** to Heal Your Gut & Boost Digestive Health

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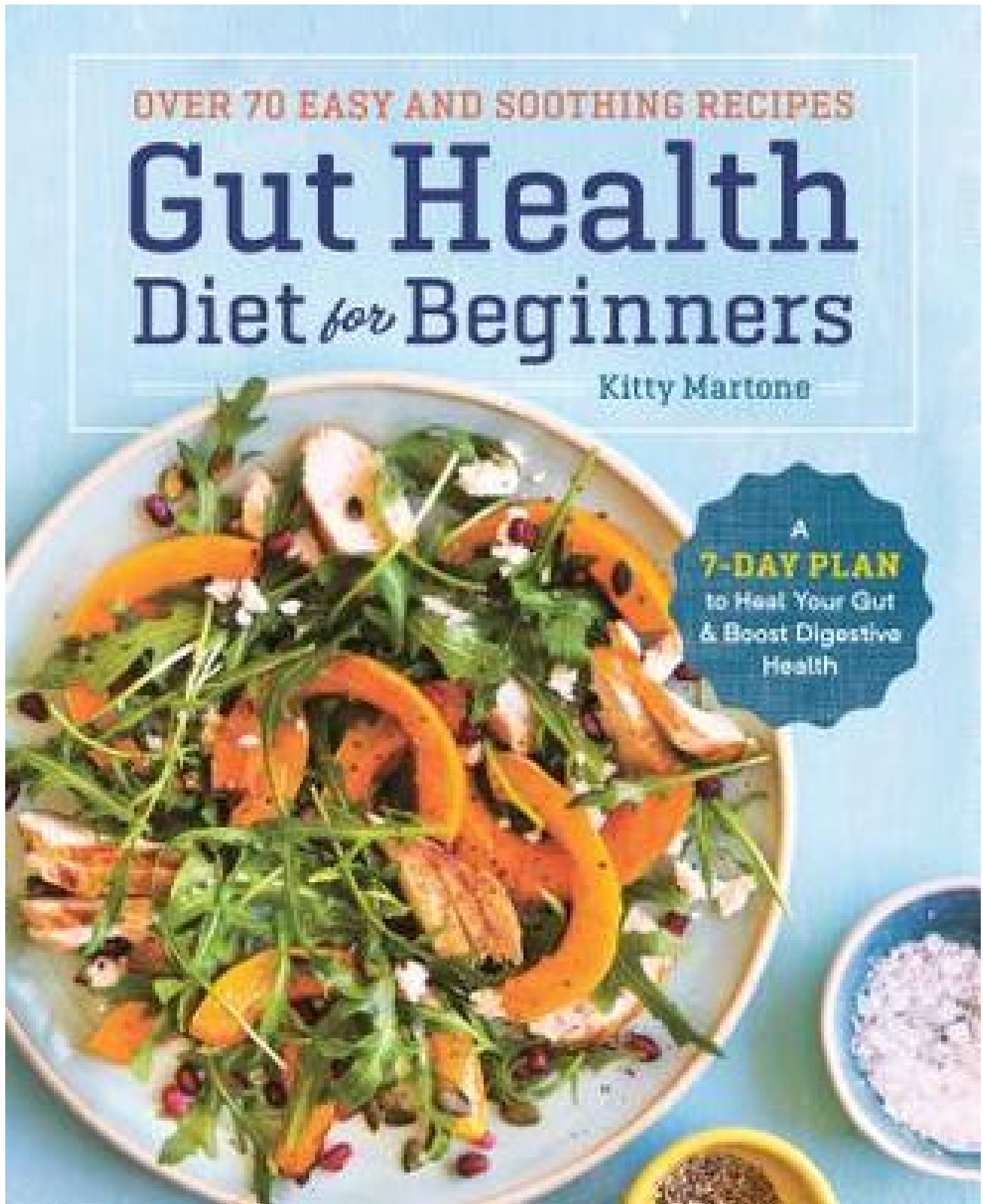
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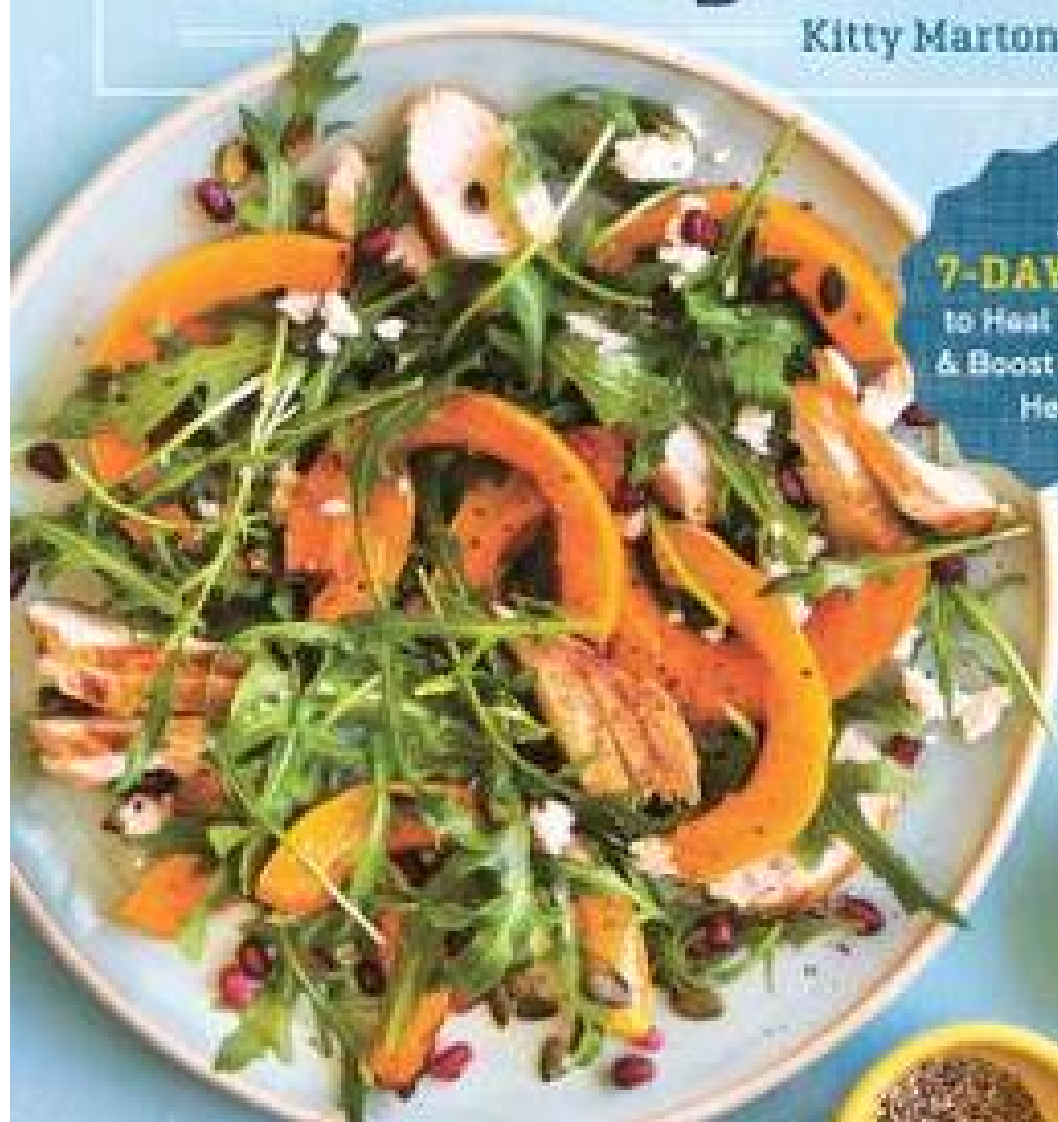
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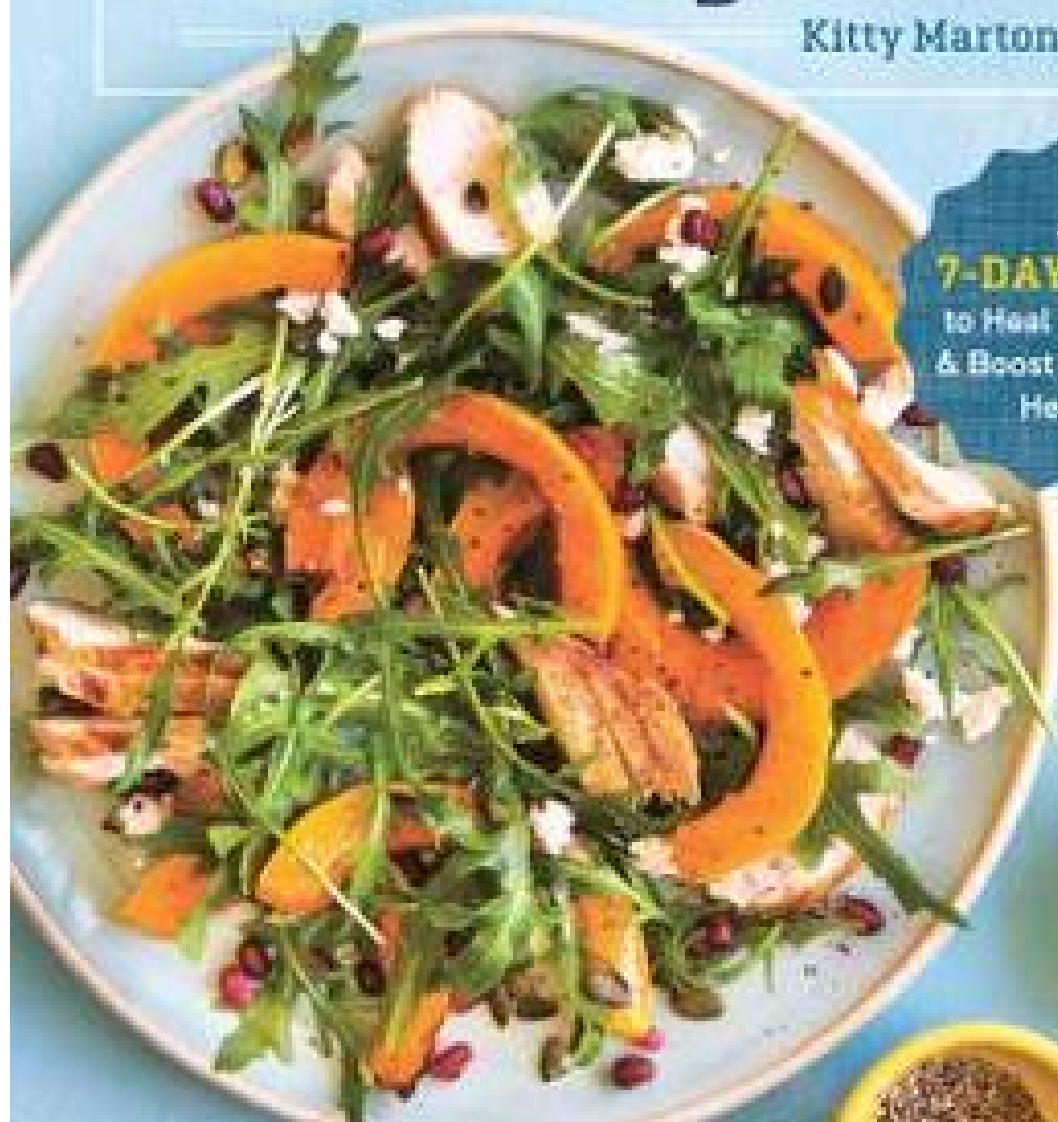
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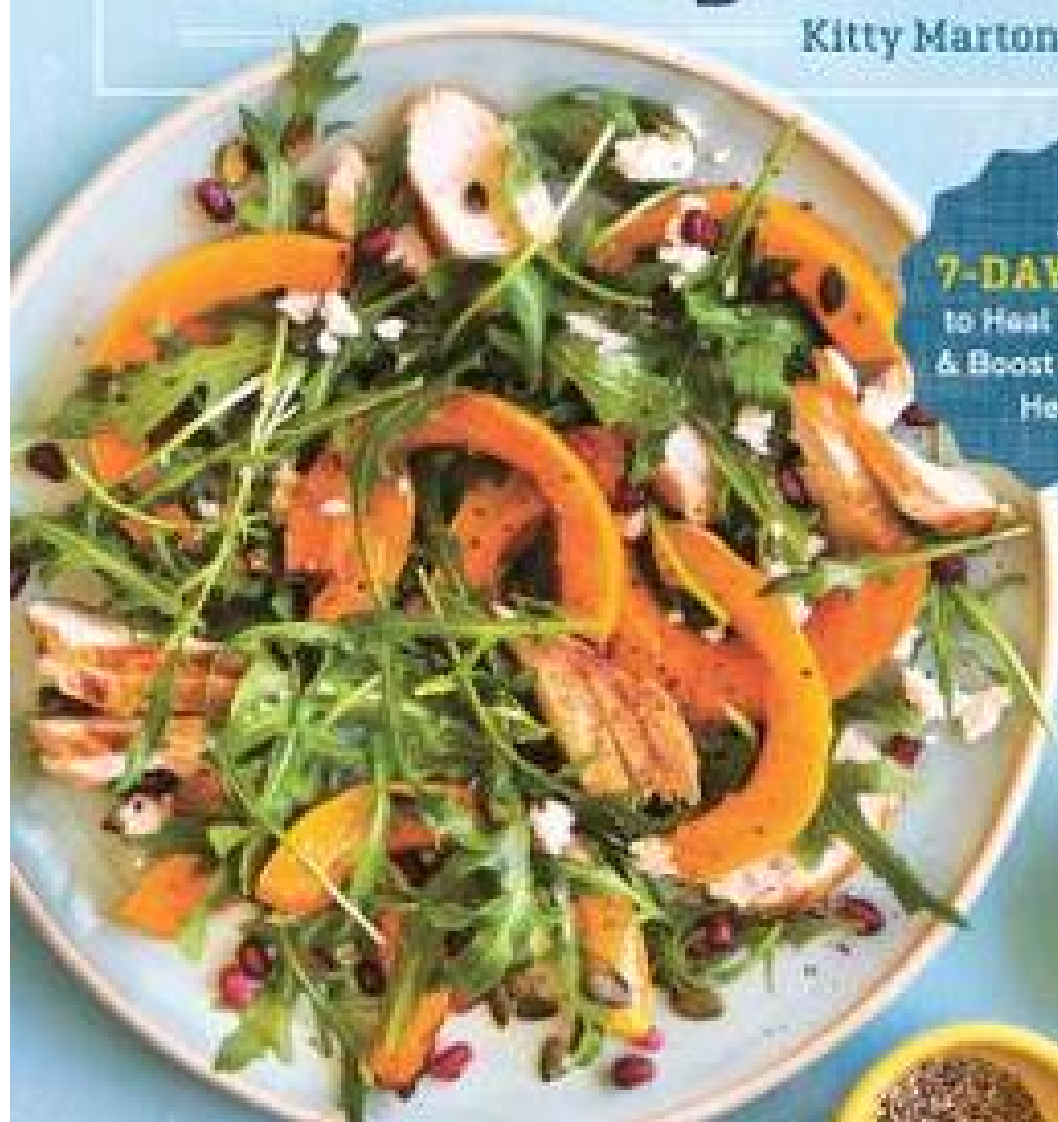
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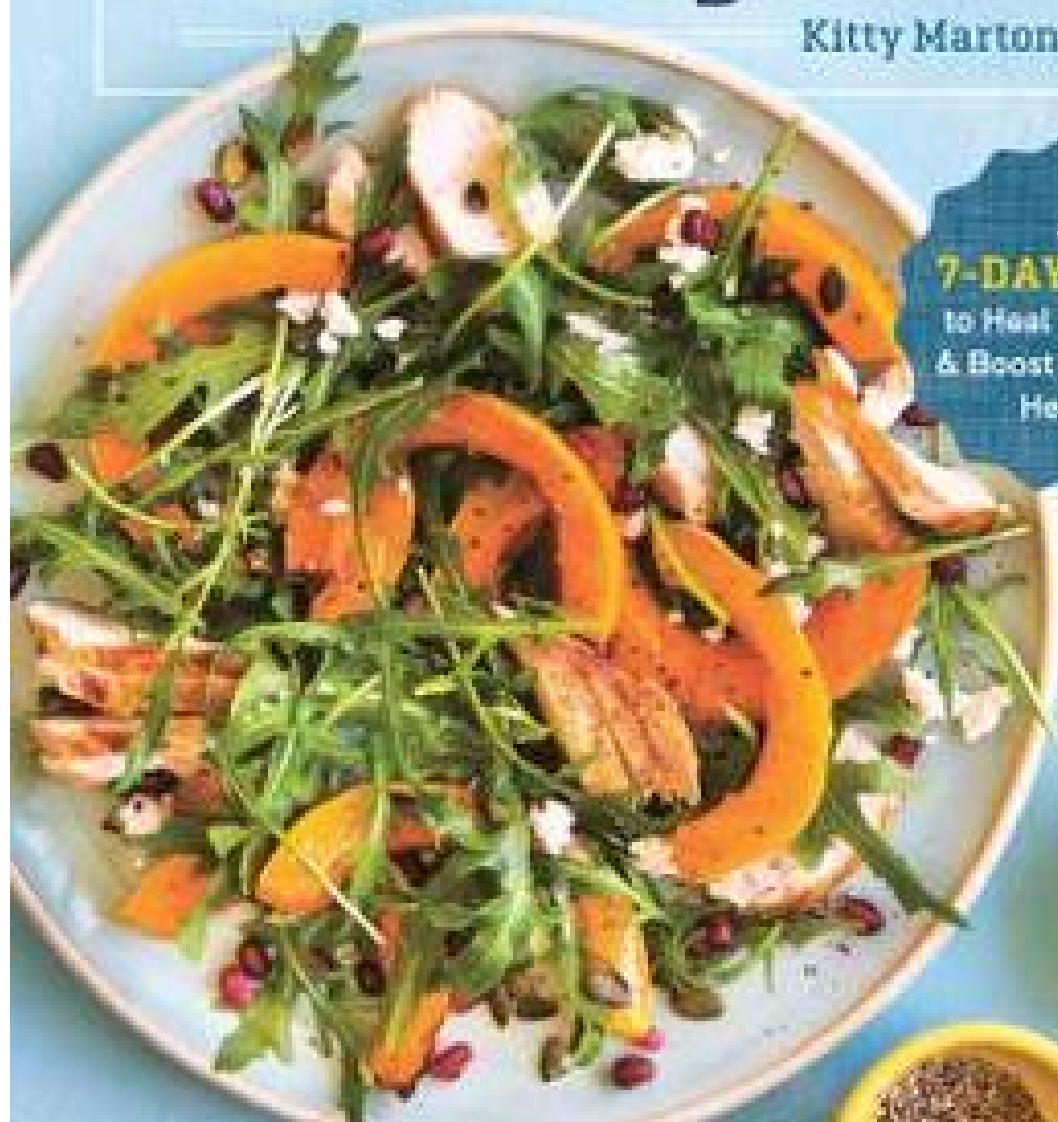
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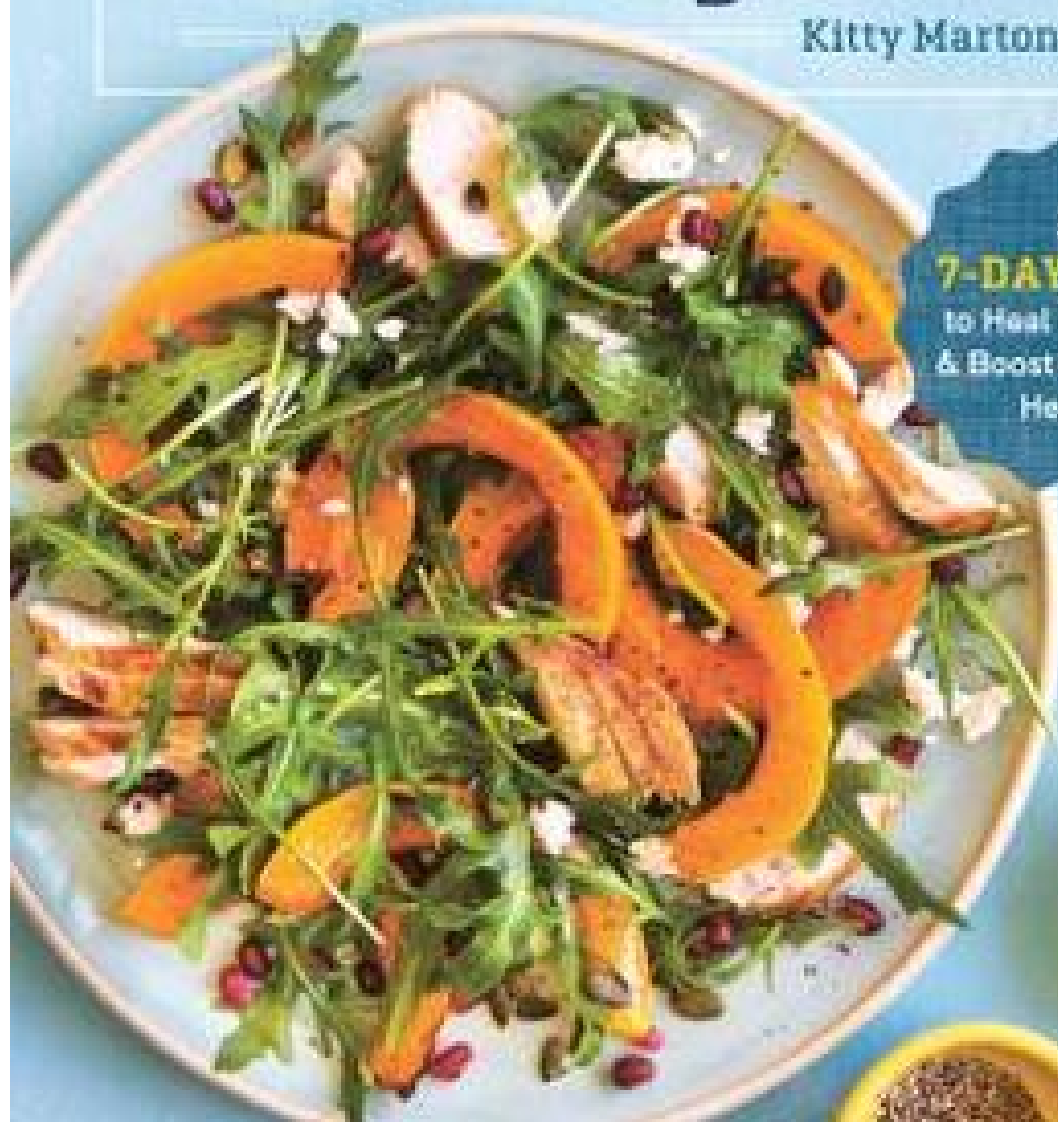
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