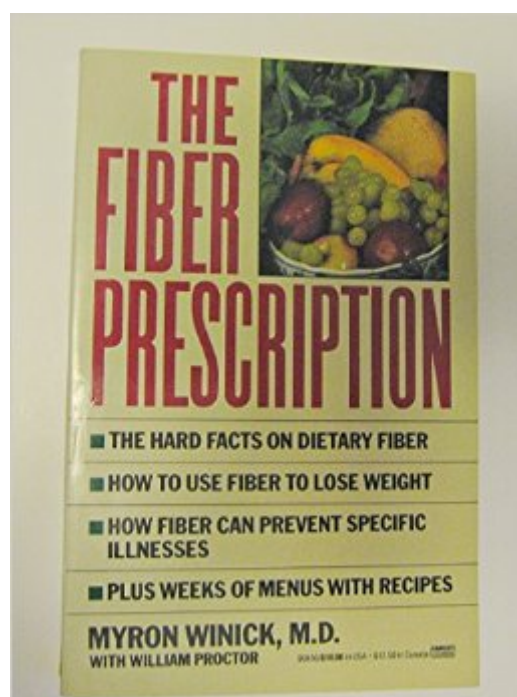


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# The Fiber Prescription



## Book Information

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Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (2 customer reviews)

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## Customer Reviews

This was a fun book to read because of the examples of real life situations. The recipes were a big hit with my family. Fiber is a key part of a healthy diet and the recipes were a practical way to help me with my irritable bowel syndrome.

Great purchase

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