



# **Dude! Where's My Cure? Volume One: The Body (Volume 1)**

*Dr. Paul Lewis Hoffman*

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# Dude! Where's My Cure? Volume One: The Body (Volume 1)

*Dr. Paul Lewis Hoffman*

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Volume Two in a series on the use of FOOD as MEDICINE using the yogic body-typing science of Ayurveda. Describes the affects of Mind and Consciousness on health. Easy to read, entertaining, without foreign language terms.

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