

# Healthy Food is Most Important for Protecting Kidney (Ducool High Definition Illustrated Edition)

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Wang Shidong

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This book selects 23 common food materials and 10 medicinal materials for tonifying kidney to help you fight against the deficiency of kidney. According to the seasons change and the different physiological features of males and females, this book lists many different methods of tonifying kidney. It also introduces some solutions to the common kidney diseases. This book explains the profound theories in simple language and is close to life. Readers can learn how to keep fit easily.



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