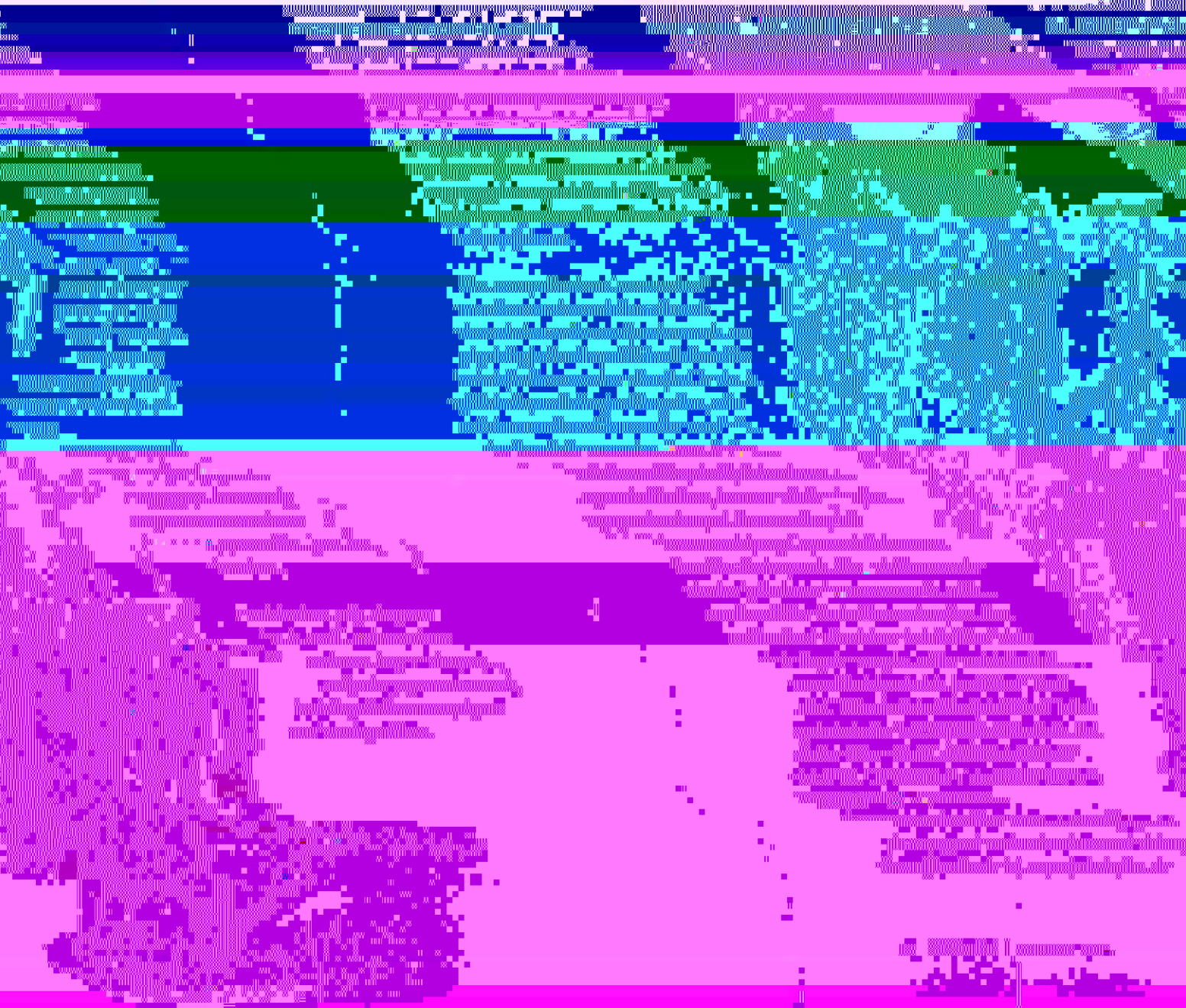


EXPERT OPINION: Food and fitness with Paul Arciero

By the author of *Fit for College*



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