

ChefMD's Big Book Of Culinary Medicine: A Food Lover's Road Map To: Losing Weight, Preventing Disease, Getting Really Healthy **By John La Puma**

By John La Puma

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John La Puma is the author of ChefMD's Big Book of A Food Lover's Road Map to Losing Weight, Preventing Disease, and Getting Really Healthy by John La

His most recent book is ChefMD's Big Book of Culinary Medicine Lover's Road Map to Losing Weight, Preventing Disease and Getting Really Healthy, by John La Puma,

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Dr Oz invited Dr. John La Puma on the show to talk about culinary medicine, his new book ChefMD's Big Book of Culinary Medicine & the 4 best cancer fighters

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Dr. John La Puma, internist His latest book is ChefMD's Big Book of Culinary Medicine: A Food Lover's Road Map to Losing Weight, Preventing Disease, and Getting

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John La Puma, ChefMD and author of ChefMD's Big Book of Culinary Medicine, shares 15 secrets to eating healthier. 1. Eat watermelon at room temperature, not chilled.

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Feb 02, 2015 Hi, I'm Dr. John La Puma. Welcome to the ChefMD Video Blog. Today's question is from Xavier in Pensacola, Florida. Dear Dr. La Puma, Because of your

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Aug 16, 2012 This is the summary of ChefMD's Big Book of Culinary Medicine: A Food Lover's Road Map to: Losing Weight, Preventing Disease