

# **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**

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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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