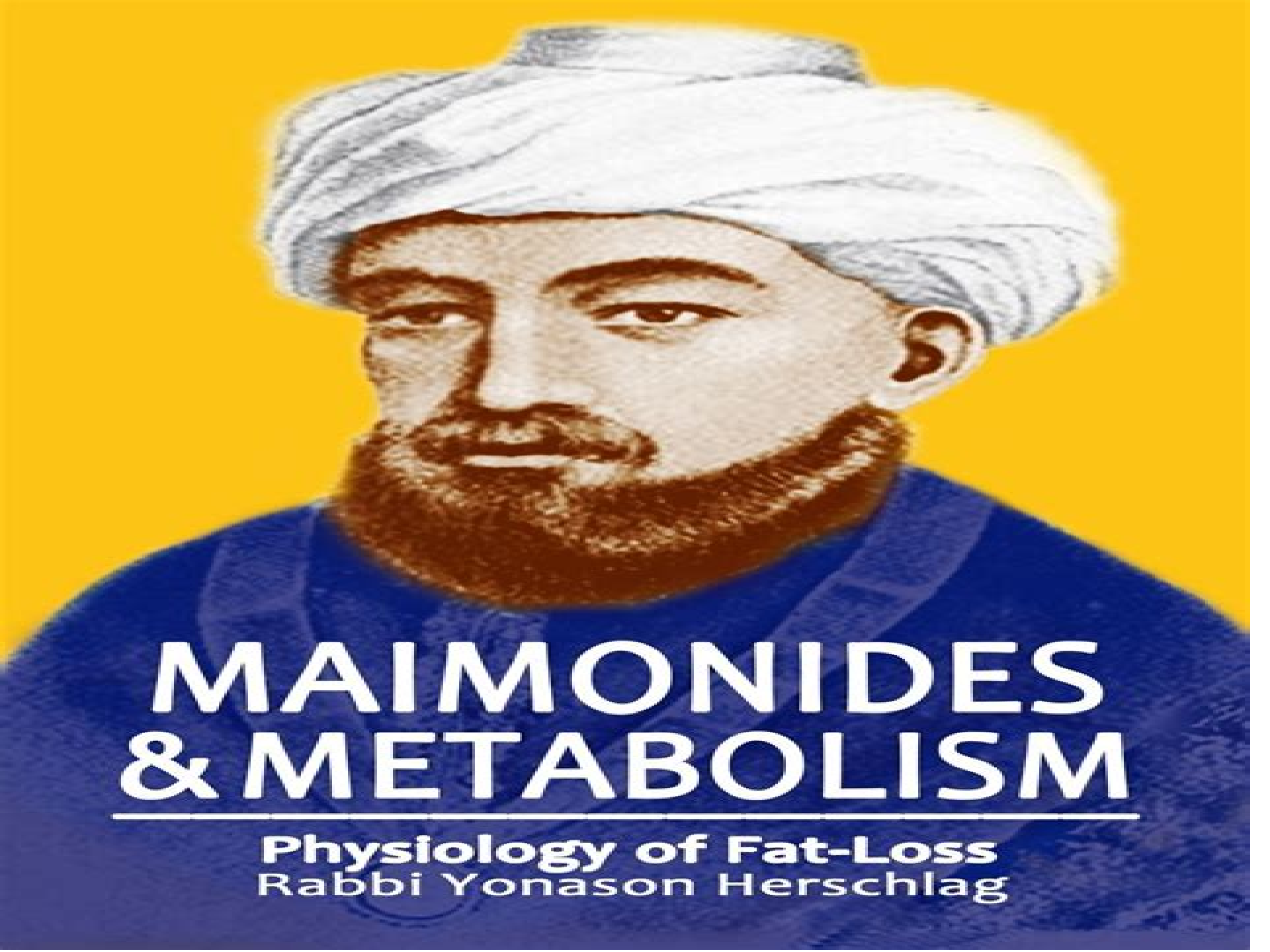


A portrait of Maimonides, a Jewish philosopher, scholar, and physician. He is depicted with a full brown beard and mustache, wearing a white turban and a blue robe. The background is a solid yellow color.

MAIMONIDES & METABOLISM

Physiology of Fat-Loss
Rabbi Yonason Herschlag

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explores his directives on Healthy Living as found in his magnum opus The Mishna Torah and quotes from his work Hanhagot Habriut The clarity he communicates on diet and emotional healing is astonishing Included is original research from esoteric sources as well as contemporary medical research that give additional credibility to the sound advice of Maimonides

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