



Lose Weight with Okara: a Miracle Food

M. Eigh

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With this unique and entertaining book that's part dietary advice, part travelogue, M. Eigh takes you on a journey to the fascinating corners of history, culture and science.

You will return with new wisdom on how to lose weight safely and a treasure map of how to arrive at good health with the help of an ancient yet newly available miracle food: okara.

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