

**HARVARD HEALTH  
TALKS: AN  
ADEQUATE DIET**

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Harvard Health Talks: An adequate diet by Percy G. Stiles

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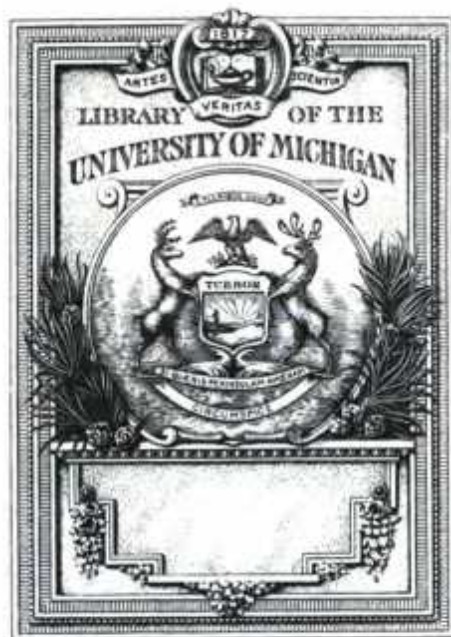
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**PERCY G. STILES**

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AN ADEQUATE DIET

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## AN ADEQUATE DIET