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عالج نفسك بالفواكه


صبحى سليمان

علاج
نفسك بالفواكه

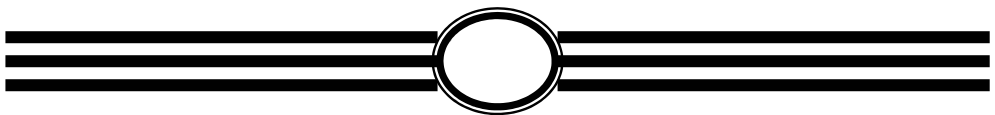
صبحي سليمان

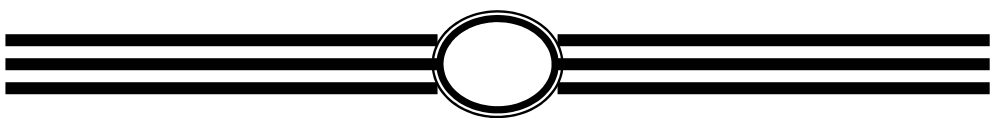
طبقا لقوانين الملكية الفكرية

جميع حقوق النشر و التوزيع الالكتروني
لهذا المصنف محفوظة لكتب عربية. يحظر
نقل أو إعادة نسخ أو إعادة بيع أي جزء من
هذا المصنف و بثه الكترونيا (عبر الانترنت أو
للمكتبات الالكترونية أو الأقراص المدمجة أو أي
وسيلة أخرى) دون الحصول على إذن كتابي من
كتب عربية. حقوق الطبع الورقي محفوظة
للمؤلف أو ناشره طبقا للتعاقدات السارية.



أهمية الفواكه والخضراوات في الوقاية من الإصابة بأمراض السرطان. (١)







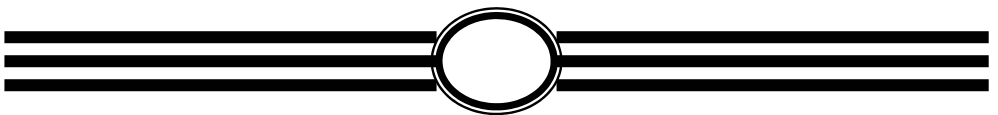


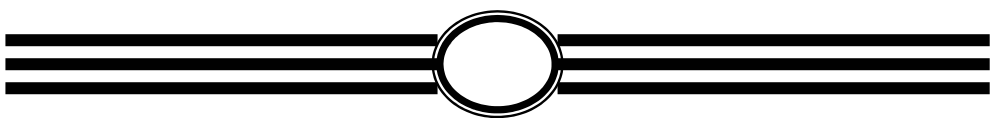
أسباب تناول الفواكه





٢ - ارتفاع ضغط الدم :-

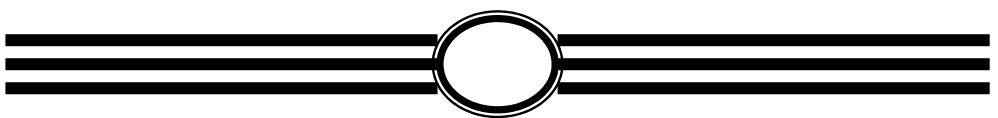


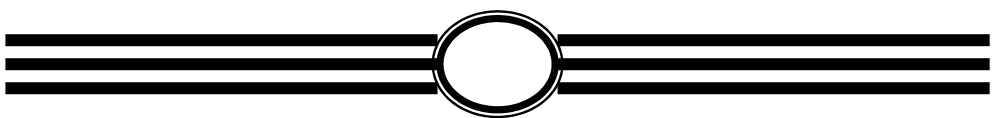


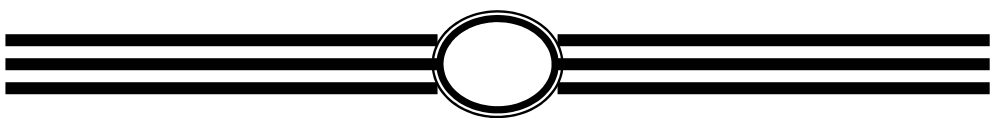


فوائد التفاح

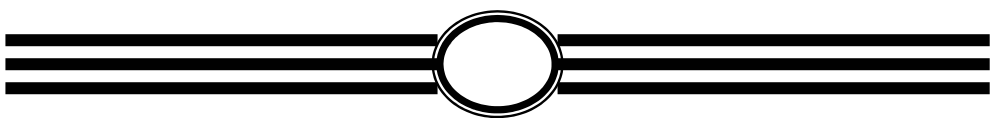


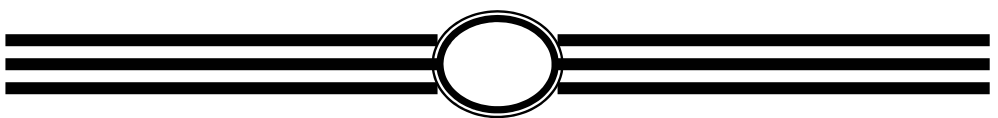


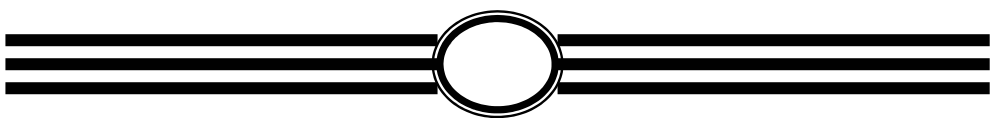


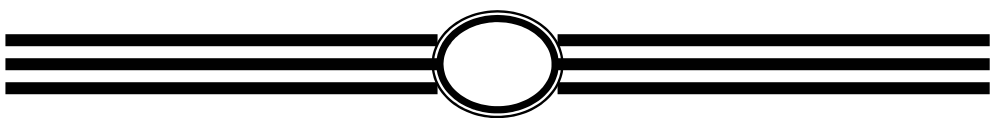






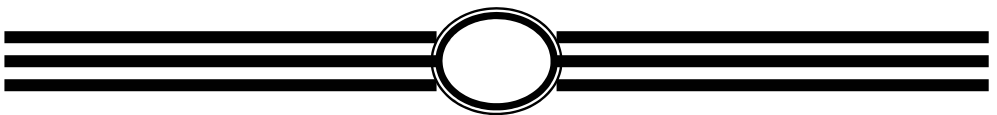


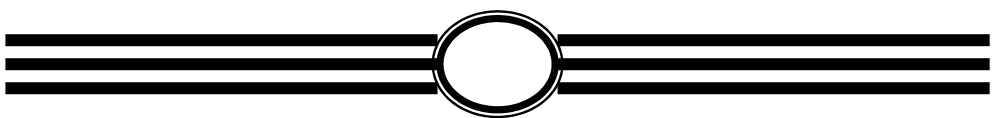







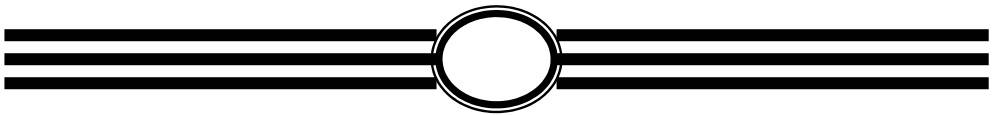
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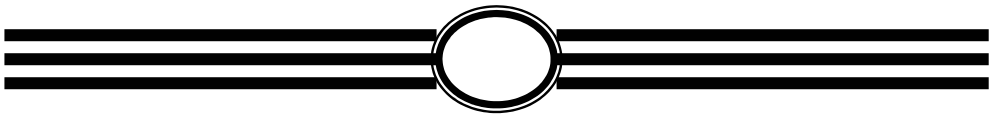


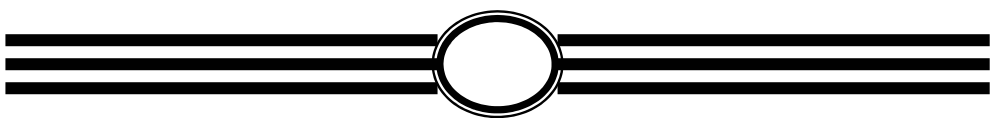
لعملية التخصيس وإنقاص الوزن :-

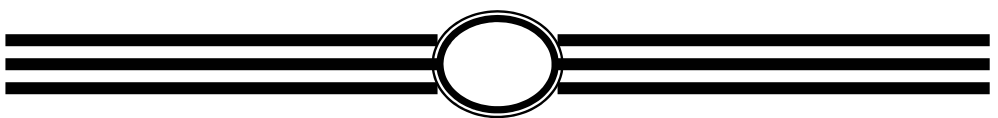


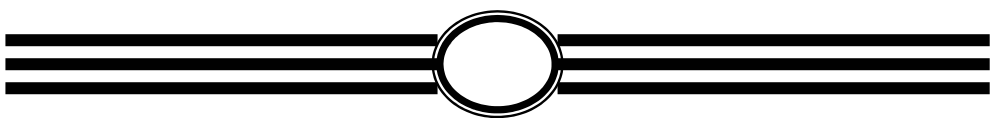


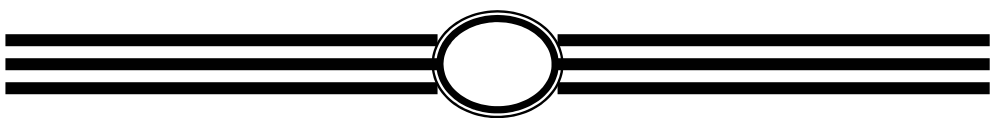
لمكافحة الجراثيم والبكتيريا : -

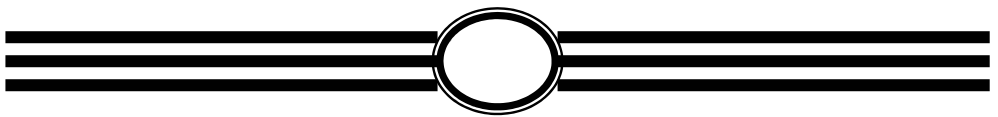


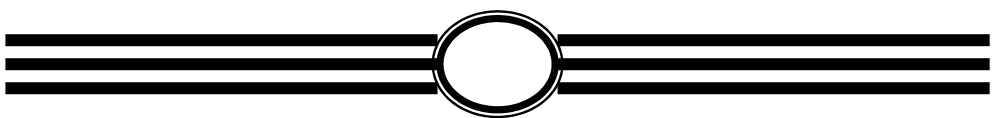


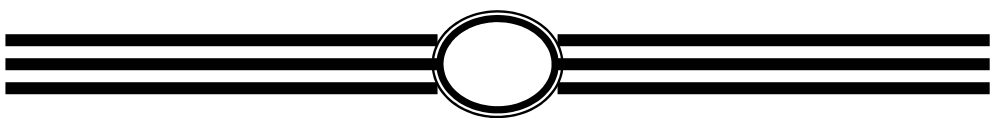




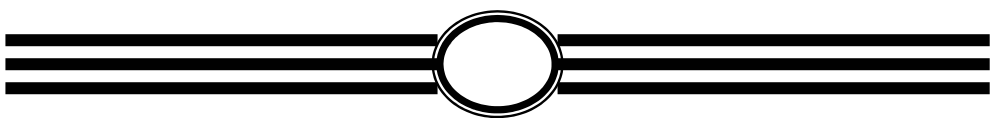


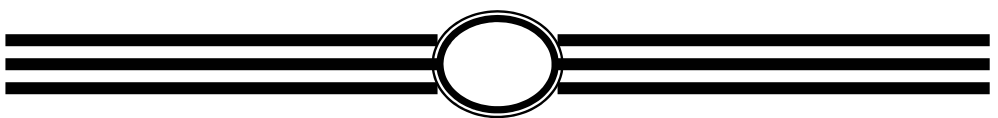






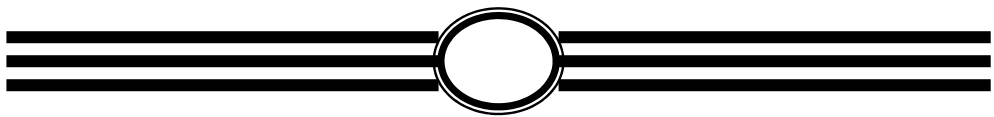


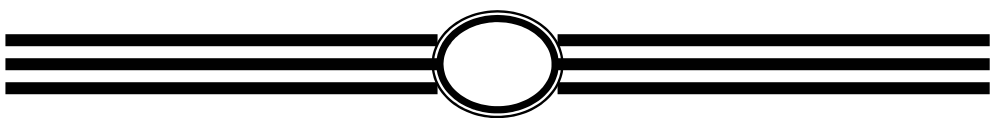


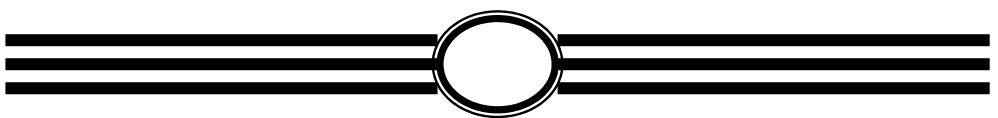


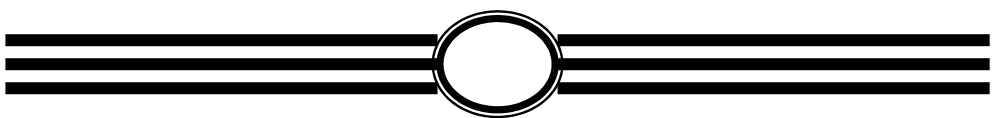


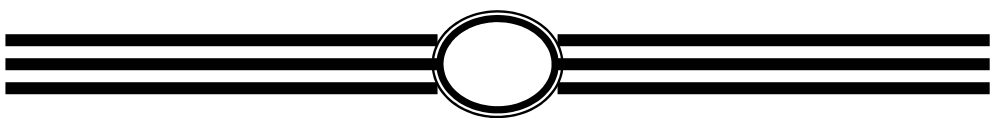
فوائد البرتقال



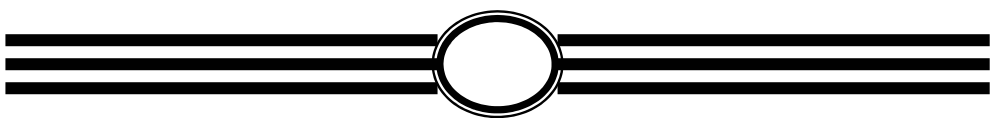


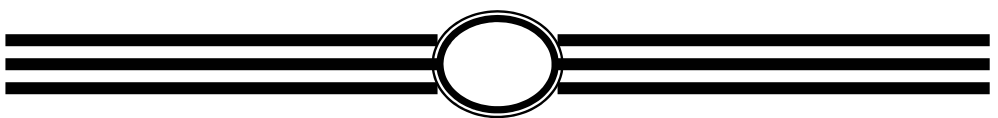


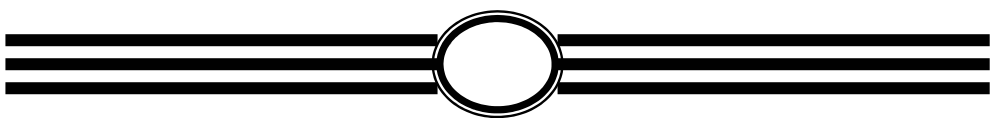


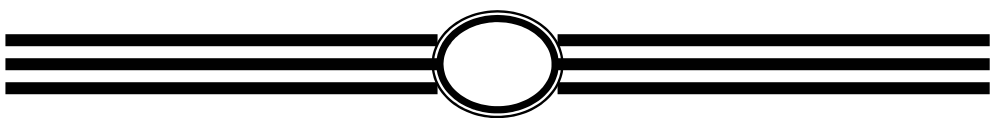


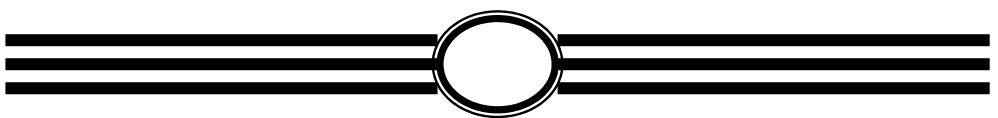


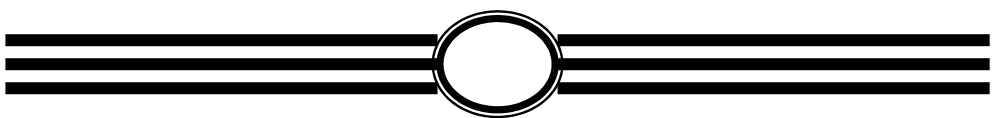


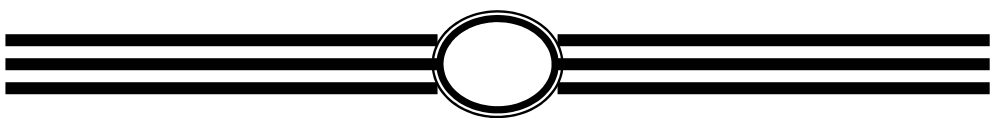




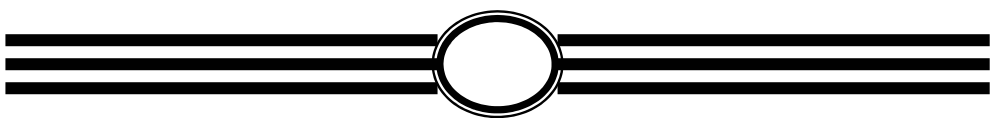








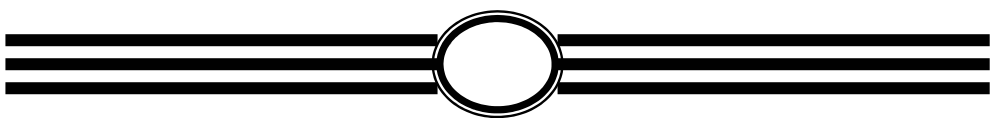


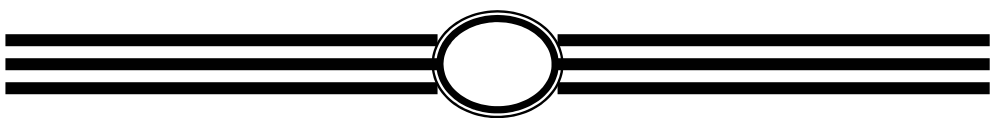


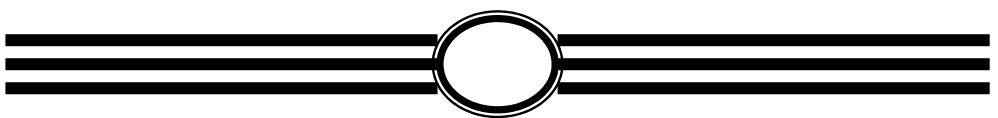


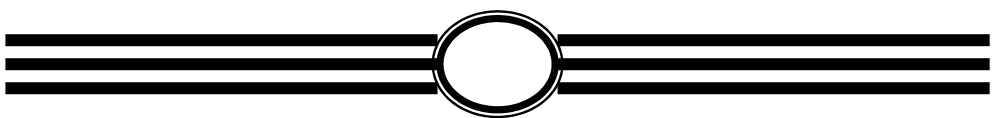
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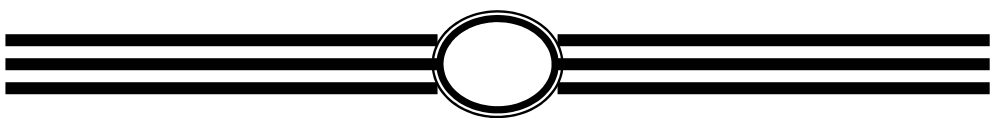




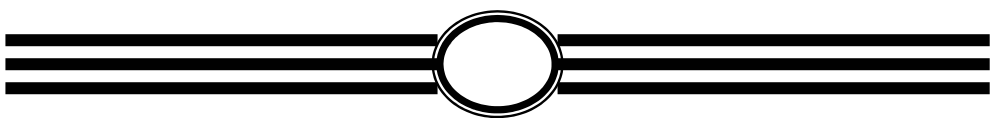


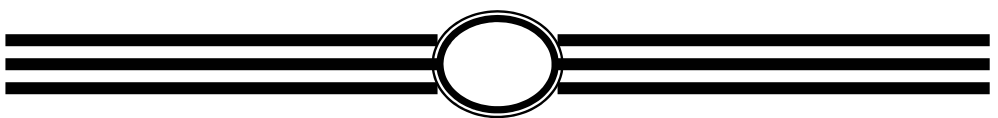


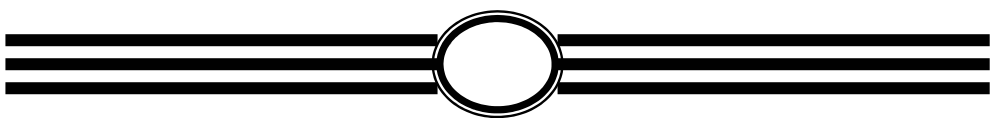


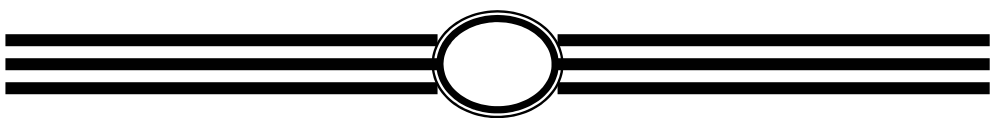


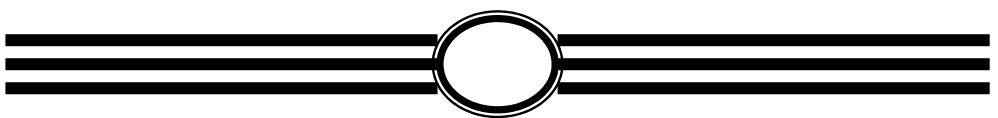


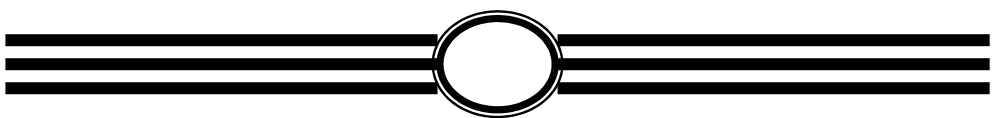


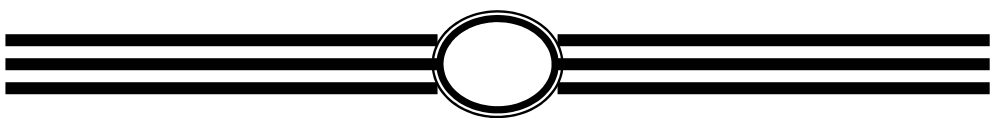
















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