

# How To Eat Right And Live Longer By Cass Ingram

**By Cass Ingram**

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Cass Ingram, MD, is the author of more than 20 books, including The Cure is in the Cupboard, Natural Cures for Health Disasters, How to Eat Right and Live Longer

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Dr. Cass Ingram, physician and researcher, is the author of over 12 books, including How to Eat Right and Live Longer, Self-Test Nutrition Guide,

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