

**The Dole Nutrition Handbook: What To Eat And How
To Live For A Longer, Healthier Life By Dole Nutrition
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David H. Murdock is the author of The Dole Nutrition Handbook (5.00 avg rating, 1 rating, 1 review, published 2010)

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Joel Fuhrman M.D. is a board-certified family physician, NY Times best-selling author and nutritional researcher who specializes in preventing and reversing disease.

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