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Wikus Pyper, Jacoba Calitz

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Eating healthy food makes an enormous difference to a person's health and well-being. It provides most of the essential nutrients needed for health and happiness.

Good food has an incredible positive influence on a person's emotional, mental and physical state.

Eating healthy, high quality food is the easiest and most efficient way to create a better life.

Good nutrition ensures optimum digestion, made up of metabolism, liberation of energy and elimination of waste products.



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