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dietetics also reminds periodic screening for a b12 deficiency vitamin b12 is important for normal red blood cell formation and nervous system function and assists with overall cellular energy in the body'

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ingredients grown on my property with added uk amp european recipes passed down from my mum

all cooked in a little village somewhere in bulgaria

keep refilling if necessary 300g mushrooms 150g red pepper cut into strips bulgarian clay pot recipe

gyuvech recipe'

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although milk and cheese cravings seem unbearable
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