

Overcome Jet Lag Tr By Charles F. Ehret

By Charles F. Ehret

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Feb 26, 2007 Ehret, Dr. Charles F. February 27, 2007. and Madison, WI. Dr. Ehret published the book Overcoming Jet Lag based on his studies of circadian rhythms.

Overcome Jet Lag Tr. Charles F. Ehret. Editorial: Berkley Trade. ISBN 10: 0425058778 ISBN 13: 9780425058770. Usado Paperback Cantidad: 1. Remitente: Hippo Books

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CHARLES F. EHRET, 83 Expert on jet lag. Charles F. Ehret, whose research into circadian rhythms in animals and humans led to a diet to combat the effects of jet lag

Mar 01, 2007 Dr. Charles F. Ehret, 83, In the early 1980s, Dr. Ehret published the book "Overcoming Jet Lag," outlining a special diet to help avoid jet lag,

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Updated on 07/24/2015 at 07:07:49 Dr. Charles F. Ehret, an Argonne biologist, developed this anti-jet-lag diet, Dieting to beat jet-lag

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