

注解

以下書籍和科學研究報告，將有助於你深入了解本書所要傳達的觀點與概念。這些參考文獻也開啟未來進一步研究的契機。想獲得更多支援與最新資料，請上博瑪特健康中心網站 www.DrPerlmutter.com。

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