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1 Upton Sinclair, *The Jungle* (New York: Barnes and Noble Classics, 2004) 65. 2 Upton Sinclair, *The Jungle* (New York: Barnes and Noble Classics, 2004) 85.

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The Jungle Effect is filled with inspiring stories from Dr. Miller's patients, quirky travel adventures, interviews with world-renowned food experts, delicious (yet authentic) indigenous recipes, and valuable diet secrets that will stick with you for a lifetime.

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THE JUNGLE By Upton Sinclair (1906) Chapter 1 It was four o'clock when the ceremony was over and the carriages began to arrive. There had been a crowd following all the way, owing to the exuberance of Marija Berczynskas.

Sinclair, Upton-The Jungle (1906)

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