

# The Complete Book Of Food Combining: A New, Easy-to-Use Guide To The Most Successful Diet Ever By Kathryn Marsden

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I can assure you, if they are on my list, they are reliable.

Fittings are a way of checking that the garment will fit precisely.

Even though hand-made work should win hands down but, if cut wrong, you will not get the finish you are looking for.

It is also important that you please use your best judgment if you are being convinced by local taxis to take you to a reputable shop.

If you don't know where to go, your hotel should be able to give you a few pointers, but do not take their word for granted.

I used to be in the tailor business myself and I understand the prices and quality well.

Before you consider design and colour you need to think about the weight and type of fabric and what you will wear it for.

Traditionally Yorkshire is renowned for manufacturing good quality worsteds, sometimes mixed with other fabric (i.e.

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About the Author: Kathryn Marsden is the author of 12 books, most notably The Food Combining Diet and Food Combining

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