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Ice cream Food historians tell us the history of ice cream begins with ancient flavored ices. The Chinese are generally credited for creating the first ice creams, possibly as early as 3000 BC. 100 Common Myths & Misconceptions The world's most widespread falsehoods - debunked! Discover Books is dedicated to bringing top-quality used books to our customers online at impossible-to-beat prices. We stock a wide range of books, including childrens books, fiction, textbooks, romance, self-help & more! Our prices are cheaper than Amazon! Here we debunk 10 of the most common cholesterol myths. Don't let misconceptions about cholesterol prevent you from getting healthy and lowering your cholesterol numbers naturally., Kitchen Myths - Facts And Fiction About Food And Cooking.

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