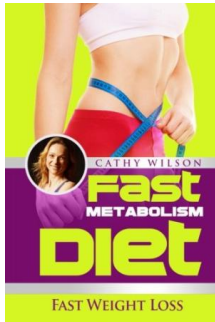


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## FAST METABOLISM DIET: FAST WEIGHT LOSS



Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Fast Metabolism Diet - Fast Weight Loss by Award Winning Health and Wellness Author Cathy Wilson, introduces the concept of smart weight loss, through high energy healthy eating tips, that boost metabolism and blast fat! Unlike many protein diet strategies that fail. The metabolic diet encourages plenty of healthy superfood eating choices in smaller amounts. Levelling blood sugars...

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- Authored by Cathy Wilson
- Released at 2014



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