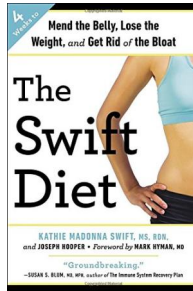


## The Swift Diet: 4 Weeks to Mend the Belly, Lose the Weight, and Get Rid of the Bloat



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