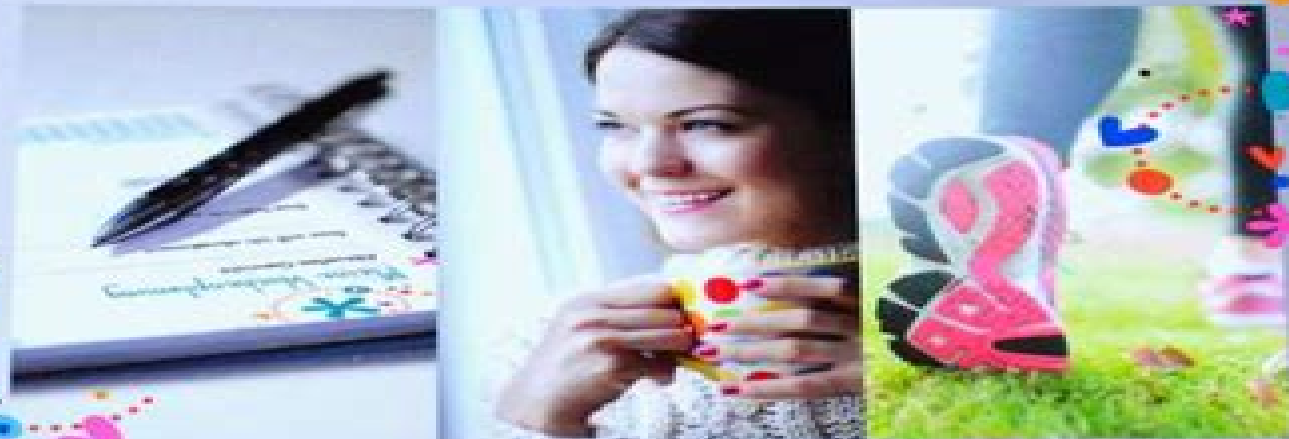


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flaw with the weight loss resolution however and that is the fact that it is so hard to do You have tried this before and you
have tried all kinds of methods but it seems that no matter how hard you try you are going to be spinning your tires and not
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is a diet that is a low carbohydrate and high protein diet It is based on the theory that if a person consumes a perfect balance of proteins carbohydrates and fats each snack and meal will achieve a balance in hormones This balance will result in a controlled level of insulin which leads to an array of health benefits One of these health benefits is the lose of excess weight

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