

*Boost your
metabolism*



Weight Loss Staying Healthy Metabolism

Richard Aiken



Weight Loss Staying Healthy Metabolism:

Staying Healthy with Nutrition, rev Elson Haas, Buck Levin, 2006-09-01 The twenty first century edition of this groundbreaking work presents authoritative health and nutrition information available in an easy to use format and a friendly engaging tone An excellent guide for those wishing to make smarter dietary choices Andrew Weil M D author of Healthy Aging Decades of practical experience and scientific research from Dr Elson Haas and Dr Buck Levin are compiled into one encyclopedic volume that features newly expanded chapters on special supplements lifestage programs and breakthrough medical treatment protocols for fatigue viruses weight management and mental and mood disorders such as anxiety ADHD and depression Part One gives a detailed analysis of the building blocks of nutrition water carbohydrates proteins fats and oils vitamins minerals and other nutrients Part Two evaluates food and diets discussing every food group and most diets around the world A special chapter on the environment and nutrition raises awareness and offers guidance about food additives industrial chemicals food irradiation electro pollution and other health and ecological issues Part Three brings all of this nutritional information together showing readers how to make wise and commonsense choices while building a healthy diet A personalized eating plan for the year the Ideal Diet is both seasonally and naturally based and a healthy lifelong diet Part Four contains specific nutritional and life style therapies for enhancing all stages of life and suggests treatments for common conditions and diseases such as aging menopause bone loss weight loss and cancer by focusing on nutritional applications thirty two special diet and supplemental programs Anyone interested in enhancing wellness eating right treating illness naturally and living in harmony with nature will find Staying Healthy with Nutrition to be the ultimate handbook for optimal health and vitality

60 Simple Tips To Stay Healthy And Fit Lewis Demilade Babatope, 2023-04-03 60 Simple Tips to Stay Healthy and Fit provides the knowledge you need to achieve and maintain a healthy lifestyle Can you relate to the daily struggle of trying to eat healthy and stay fit if so this book is for you It gives you the knowledge you need to maintain good health and prevent diseases It is a simple fact that if you are to lose weight you need to use up more calories than you take in Maintaining a proper diet can seem like a challenging task yet it is an important part of a healthy living plan Eating nutrient dense foods in their natural state is a key factor in maintaining optimal wellness Do you ever drive past the gym and wonder if working out is really worth the effort Exercise offers truly life changing results if you re willing to put in the effort required The Book consists of 3 sections Weight Loss Tips Exercise Tips and Healthy Eating Tips Inside 60 Simple Tips to Stay Healthy and Fit you ll discover the following effective tips PART A WEIGHT LOSS TIPS 1 Lose Weight without Dieting by Making Seven Lifestyle Changes 2 Five Medical Benefits of Losing Weight 3 Ten Weight Loss Tips to Consider As You Age 4 Lose Weight with Apple Cider Vinegar 5 Could The Way Your Body Processes Food Be Why You Are Struggling To Lose Weight 6 Five Proven Weight Loss Foods You Should Be Eating 7 Four Dangerous Weight Loss Methods You Must Avoid 8 Weight Loss Success with Yogurt 9 How to Eat More Fiber and Drop the Pounds 10 How to Choose Meal Replacement

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Differences from other diets Learn why the ketogenic diet is unique and how it differs from other diets Scientific principles behind the ketogenic diet Delve into the fascinating world of research and discover the scientific basis of this diet Different types of ketogenic diets Find out which approach suits you best and how to implement it Potential risks and side effects Find out about potential challenges and how to address them How to check your progress Learn how to find out if you are in ketosis and how to track your results But that's not all In this book you'll also find A comprehensive nutrition plan and delicious ketogenic recipes Enjoy delicious dishes that support your health and are easy to prepare at the same time Tips for beginners Get inspired by expert advice and overcome the challenges at the start of your ketogenic journey The role of exercise and sport Discover the benefits of physical activity in combination with a ketogenic diet and maximise your performance Psychological aspects Learn how the ketogenic diet can affect your mood and emotional well-being and get practical strategies for managing stress and self-doubt Long-term maintenance and keeping the weight you've achieved Learn how to ensure your success over the long term to stay healthy and fit for life Ready for your change Take your health into your own hands and start the ketogenic diet today Get your copy of **The Power of Ketosis Successful Healthy Weight Loss on a Ketogenic Diet** Your new life is waiting for you what are you waiting for **Get Fit, Get Healthy, Get Happy: Lose Weight, and Stay Well** Shu Chen Hou, Discover the Ultimate Guide to a Healthier Happier You Are you tired of endless diets and fleeting fitness fads that promise the world but leave you feeling defeated It's time to embark on a transformative journey towards a better you and Get Fit Get Healthy Get Happy is your compass to that brighter future Unlock the Power of Mind Body Harmony In this captivating book you'll delve deep into the profound connection between your mind and body Learn how to harness this connection to not only shed those extra pounds but also elevate your overall well-being Say goodbye to stress-induced bingeing and emotional eating and embrace a newfound sense of balance Master Nutrition's Secrets Bid adieu to confusing diet trends and calorie counting madness Our expert guide breaks down the fundamentals of nutrition empowering you to make smart food choices without feeling deprived Discover how to plan satisfying meals and control portions effortlessly Embrace the Joy of Exercise Exercise should never be a chore Get Fit Get Healthy Get Happy helps you find the exercise routine that ignites your passion Whether you're into heart-pumping cardio empowering strength training or the serenity of yoga you'll learn how to make fitness a joyful habit not a burdensome task Prioritize Mindfulness and Mental Health True health extends beyond the physical Uncover stress reduction techniques that will soothe your soul and rejuvenate your spirit We'll show you how to get the restful sleep you deserve and guide you towards achieving the mental clarity you need to thrive Overcome Challenges Stay on Track Plateaus and setbacks are a part of every journey but they won't define yours Discover strategies to overcome obstacles and build an unshakable foundation of support and accountability Sustain Health and Happiness Your transformation is not just about reaching a goal it's about maintaining a vibrant healthy lifestyle for life Learn how to sustain the newfound health and happiness you've cultivated

celebrating your achievements along the way Are you ready to take control of your life and rewrite your story Get Fit Get Healthy Get Happy Lose Weight and Stay Well is more than a book it s your roadmap to a brighter healthier future Say yes to a journey filled with wellness happiness and a stronger more vibrant you Don t miss out on this life changing opportunity Grab your copy today and embrace the healthier happier you that s been waiting to emerge Click Add to Cart now and start your transformation today

Belly Fat Be Gone: The Ultimate Guide to a Trim and Toned Waistline Shu Chen Hou, Are you tired of struggling with stubborn belly fat that just won t budge Do you dream of achieving a trim and toned waistline that turns heads and boosts your confidence Look no further Belly Fat Be Gone is here to revolutionize your approach to losing belly fat and help you achieve the body of your dreams This comprehensive guide is your ultimate resource packed with proven strategies expert advice and practical tips to melt away belly fat and reveal a sculpted midsection Say goodbye to fad diets ineffective workouts and confusing advice With Belly Fat Be Gone you ll have all the tools and knowledge you need to take control of your body and transform your life Belly Fat Be Gone is not just another weight loss program It s a comprehensive guide that empowers you to make lasting lifestyle changes and transform your body from the inside out Say goodbye to belly fat and hello to a trim toned and confident waistline Don t let belly fat hold you back any longer Take the first step towards a healthier and happier you by grabbing your copy of Belly Fat Be Gone today Say hello to a trim and toned waistline and embrace a life of confidence and vitality Order now and unlock the secrets to a belly fat free future

The Weight Loss Handbook: Tips, Tricks, and Tactics Norman Fender, 2024-05-31 Are you tired of conflicting advice and quick fix diets that promise the world but deliver little Discover a comprehensive guide that merges personal experience with investigative journalism in The Weight Loss Handbook Tips Tricks and Tactics by Norman Fender Why This Book Personal Journey Norman Fender an investigative journalist shares his deeply personal journey of overcoming weight challenges Unlike many guides written by scientists or doctors this book offers a unique perspective from someone who has walked the path of weight loss and understands the emotional and physical hurdles firsthand Comprehensive Insights These well researched strategies and scientifically backed principles that demystify weight loss From understanding the core principle of energy balance to debunking myths like spot reduction this book equips you with knowledge to make informed decisions Practical Advice Fender provides actionable tips and strategies for sustainable weight loss Learn how to adopt a balanced diet practice portion control incorporate regular physical activity prioritize sleep manage stress and set realistic goals Debunking Myths The book addresses common weight loss myths ensuring you don t fall into the trap of ineffective and sometimes harmful practices Understand why spot reduction doesn t work and why nutrient dense foods are crucial for long term success Delicious Recipes Enjoy a variety of easy to make nutritious recipes designed to boost your metabolism and support your weight loss journey Whether you re a fan of spicy foods green tea or hearty soups there s something for everyone Tailored Approaches Recognizing that weight loss is not a one size fits all journey the book emphasizes

individualized approaches It helps you find what works best for your body and lifestyle ensuring sustainable and personalized results Support and Motivation With insights on seeking support managing plateaus and dealing with emotional eating the book provides a holistic approach to weight loss Fender s relatable narrative and encouraging tone make you feel supported every step of the way What You ll Learn The Science Behind Fat Burning Explore how basal metabolic rate exercise diet and hormonal regulation play critical roles in weight loss Mindful Eating and Portion Control Develop healthier eating habits that prevent overeating and promote satiety Thermogenic Foods and Fat Oxidation Discover foods and recipes that boost your metabolism and accelerate fat loss Meal Planning and Prepping Learn the benefits of meal prepping and how to create balanced meals that support your weight loss goals Building Healthy Habits Establish long term livable habits that foster a positive mindset and sustainable weight management Success Stories and Expert Insights The Weight Loss Handbook is not just a collection of tips it s filled with real life success stories and expert interviews that provide additional motivation and validation You ll find inspiration from those who have successfully transformed their lives using the principles and strategies outlined in the book Interactive Elements The book features interactive elements such as self assessment quizzes goal setting worksheets and progress trackers to keep you engaged and accountable These tools help you apply the information in a structured manner ensuring you stay on track towards your goals Embark on your weight loss journey with confidence and clarity The Weight Loss Handbook Tips Tricks and Tactics by Norman Fender is your comprehensive guide to achieving a healthier happier you Equip yourself with the knowledge tools and motivation to succeed Body Reboot: Revitalize with Low Carb Magic for Weight Loss Shu Chen Hou, Introducing Body Reboot Revitalize with Low Carb Magic for Weight Loss Your Ultimate Guide to a Healthier Happier You Are you tired of endless fad diets and quick fix weight loss schemes that leave you feeling defeated and frustrated It s time to embark on a journey of lasting transformation and vibrant well being with our groundbreaking book In Body Reboot we unveil the secrets to sustainable weight loss and rejuvenation through the power of low carb living This isn t just another diet book it s your comprehensive roadmap to shedding excess pounds while revitalizing your mind body and spirit Discover the Magic of Low Carb Living Say goodbye to the rollercoaster of hunger and cravings Learn how to embrace a low carb lifestyle that not only promotes weight loss but also fosters better overall health Uncover the incredible benefits of choosing the right carbohydrates and fueling your body for optimal performance Mindful Eating for Lifelong Success Ditch the guilt and stress of restrictive diets Body Reboot empowers you with the art of mindful eating helping you savor every bite while making informed choices Find freedom from emotional eating and develop a healthy relationship with food that lasts a lifetime Exercise Strategies That Work We ll guide you through incorporating exercise into your weight loss journey making it enjoyable and sustainable Discover how even small changes in your physical activity can yield significant results and boost your metabolism naturally Delicious Low Carb Recipes Tired of tasteless diet food Our book is packed with mouthwatering low carb recipes that prove healthy eating can be both delectable and satisfying

Say hello to meals that energize you support your weight loss goals and tantalize your taste buds **Setting Goals for Real Results** Body Reboot teaches you the power of setting achievable meaningful goals With our proven strategies you ll not only reach your ideal weight but also maintain it for life Don t let another day go by feeling trapped in an endless cycle of dieting and despair Body Reboot is your key to unlocking a new chapter of health vitality and self confidence Join countless others who have already transformed their lives with our expert guidance Embrace the low carb magic and let your body reboot for a brighter healthier future Order your copy of Body Reboot Revitalize with Low Carb Magic for Weight Loss today and take the first step towards the vibrant confident and empowered you that you ve always dreamed of becoming Unlock the Science of Longevity and Vitality: How to Stay Healthy, Energized, and Perform at Your Best Silas Mary,2025-02-11 What if you could extend your lifespan while maintaining peak energy and performance This book reveals cutting edge research on longevity health optimization and vitality Learn how to slow aging improve cellular function and implement science backed habits that promote long term well being By integrating these strategies into your lifestyle you ll not only add years to your life but also improve the quality of those years Whether you re an entrepreneur athlete or health conscious individual this book provides the blueprint to living longer feeling better and performing at your highest level **Joseph Christiano's Bloodtype Diet A** Joseph Christiano,2010-09-07 Having trouble losing weight You might simply be eating the wrong foods for your blood type Your blood type determines which foods are right for you and is pivotal to weight loss success This is why different people can have such different results with the same diet Which foods are right for you This book makes it easy to put together meal plans for type A blood that include delicious satisfying foods like cheese omelets roasted Cornish hen delicious fruit smoothies and more with customized recommendations for Meats poultry and seafood Oils and fats Dairy and eggs Breads grains and pastas Fruits vegetables and juices Spices and condiments Learn how to drop the pounds quickly when you eat the right foods for your type A blood *Joseph Christiano's Bloodtype Diet O* Joseph Christiano,2010-09-07 Having trouble losing weight You might simply be eating the wrong foods for your blood type Your blood type determines which foods are right for you and is pivotal to weight loss success This is why different people can have such different results with the same diet Which foods are right for you This book makes it easy to put together meal plans for type O blood that include delicious satisfying foods like roast beef chicken teriyaki French onion soup and more with customized recommendations for Meats poultry and seafood Oils and fats Dairy and eggs Breads grains and pastas Fruits vegetables and juices Spices and condiments Learn how to drop the pounds quickly when you eat the right foods for your type O blood , **Pretty Sure You're Fine** David Vienna,2022-11-01 Tongue in cheek yet thoroughly practical Pretty Sure You re Fine is a hilariously helpful trusting your gut guide to reassuring yourself that things aren t quite as dire as you might fear From David Vienna author of *Calm the F ck Down* comes this fun counter argument to every wellness fad and lifestyle expectation assuring readers that they re doing just fine as is Packed with amusing yet comforting advice on topics from physical fitness

and nutrition to motivation and work life balance this is the place to turn for anyone who needs to quit worrying about the little stuff and some medium stuff too With input from real experts in mental and physical health fields the advice in this book is silly snarky and actually reassuring A perfect gift for anyone with a sense of humor who needs an excuse to live a better and more stress free life NOT SO SERIOUS LIFE ADVICE No one likes to be lectured so the silly snarky tone of this book is sure to be a hit with the super stressed reader REASSURING No matter how snarky the tone the advice in this book is reassuring and calming BESTSELLING AUTHOR David Vienna is known in the life advice field for his bestselling Calm the F ck Down The Only Parenting Technique You ll Ever Need and the popular parenting social media entity The Daddy Complex ADVICE FROM EXPERTS Professionals in various health fields have contributed to the book so readers can trust that the advice they re reading is real and applicable Perfect for Perfectionists and anyone who is tired of trying every health craze and wellness fad Stressed out and burnt out friends family and coworkers College students and college grads **Ditch the Diet** Daniela A. Foxwood, 2024-12-28 Transform Your Relationship with Food and Your Body Are you tired of the cycle of restrictive diets and fleeting success Ditch the Diet Embrace Sustainable Weight Loss offers a fresh perspective on achieving lasting health and wellness This comprehensive guide leads you on a journey to break free from the clutches of diet culture and develop a nourishing relationship with food Discover the science of sustainable weight loss as you delve into metabolism myths understand the power of hormones and embrace your unique body s needs This book empowers you to redefine success not by numbers on a scale but through a balanced joyful lifestyle Engage with mindful eating techniques that transform your meals into moments of pleasure and mindfulness Learn to distinguish between physical and emotional hunger and honor your body s true signals Develop effective strategies to handle stress and emotional eating building resilience and self compassion along the way Explore the chapters dedicated to creating a lifestyle that celebrates movement and nourishment From balancing physical activity to understanding the impact of sleep and hydration you ll find a wealth of tools for building habits that support your health journey Navigate social influences and media messages fostering a positive body image and self empowerment Embark on your transformational journey with this invaluable resource Celebrate your progress overcome obstacles and lay the groundwork for a legacy of health and happiness With Ditch the Diet unlock the secrets to a joyful balanced lifestyle that honors your body and sustains your well being long term Metabolic Reset: The New Rules of Weight Loss Robbie Price, Unlock the Science Reset Your Body Transform Your Life Struggling with stubborn weight low energy or stalled progress despite doing everything right It s time to rethink what you know about dieting In Metabolic Reset you ll discover a groundbreaking science backed approach to weight loss that ditches outdated calorie counting rules and crash diets Instead this transformative guide reveals how to rebalance your metabolism harness hormonal health and align your lifestyle with your body s natural rhythms With practical strategies flexible meal plans and real life success stories this book empowers you to take control reset your system and finally achieve sustainable results without

deprivation Whether you re just starting or ready to break through a plateau Metabolic Reset offers the new rules your body s been waiting for

Healthy Past 100 Steven M. Teagarden DC,2023-08-10 Healthy Past 100 was written explicitly for those longing to be extraordinarily healthy even past their 100th birthday This breakthrough book is based on thousands of cutting edge science articles identifying the causes of optimal health vs sickness and disease Healthy Past 100 puts a wealth of cutting edge science based healthcare information at your fingertips empowering you to make the healthiest choices for you and your family Healthy Past 100 is several books in one and it also contains a mouthwatering keto cookbook that s exclusively based on the most nourishing ingredients you can consume This life changing book is based on the Short List i e a distillation of the core factors involved in being healthy past 100 The Short List includes The Metabolic Masterplan Diet the Metabolic Masterplan Diet may be the world s most advanced ketogenic diet Nothing improves your health as much as following this research based anti inflammatory gut healing ketogenic diet Nutrition and Supplements providing your cells with all the nutrients they require to function optimally is key to a long healthy life Healthy Past 100 shows you exactly which nutrients you need and which ones to supplement with Metabolism carbohydrates and sugar damage your metabolism the process of creating energy in your cells causing serious health issues Healthy Past 100 teaches you to heal and optimize your metabolism and which tests to rely on to know not guess that your metabolism is as healthy as can be Chronic Inflammation this widespread health issue underlies all diseases and must be healed to experience optimal health Healthy Past 100 rids you of chronic inflammation now and forever paving the way to lasting health Gut Health most humans deal with significant gut issues Fortunately Healthy Past 100 s innovative gut healing method leads to lifelong optimized gut health Psychology psychology is how you think feel act behave and respond to life s circumstances Healthy Past 100 provides the tools to heal and optimize your psychology which is foundational to a healthy fulfilling life Thyroid Physiology inefficient thyroid physiology impairs your body and mind zaps your energy and causes many diseases Healthy Past 100 explains how thyroid physiology works how to heal it and the tests determining if it s in tip top shape Exercise crucial to your health and well being exercise must be performed regularly Healthy Past 100 teaches you which exercises help you become healthy past 100 Detoxification humans are routinely exposed to dangerous heavy metal toxins Healthy Past 100 shows you how to rid these harmful metals from your body and minimize your exposure to them in the future Oxidative Stress oxidative stress is a primary cause of aging sickness disease and death It has many causes including carbohydrates sugar poor nutrition and impaired gut health Healthy Past 100 helps you optimize oxidative stress where it matters most within the mitochondria in your cells Spiritual Religious Life extraordinary health stems from optimal physical psychological and spiritual well being It s just as important to focus on your spiritual fitness as it is to heal your physical body and Healthy Past 100 helps you do both This pioneering book has been written to help you experience extraordinary health past your 100th birthday If you re ready to be healthy past 100 this is the book you ve been waiting for

How to Lose 10 Pounds in Less Than 10 Days The

Real Diet (with Audio) Richard Aiken, 2014-08-23 In a society where obesity is such an issue among younger and older generations alike it has become extremely important to develop the habit of counting your calorie intake Exercising although essential should not be the only method used to maintain or reach your ideal weight goal It is essentially just as important if not more so to include counting the amount of calories consumed on a daily basis as part of your day to day routine Although this may seem daunting it really is a very simple feat to accomplish

Joseph Christiano's Bloodtype Diet AB Joseph Christiano, 2010-09-07 Having trouble losing weight You might simply be eating the wrong foods for your body Your blood type determines how your body reacts to food and is pivotal to weight loss success This is why different people can have such different results with the same diet Which foods are right for you This book makes it easy to put together meal plans for type AB blood that include delicious satisfying foods like pancakes pan seared salmon in maple glaze stuffed baked potato and more with customized recommendations for Meats poultry and seafood Oils and fats Dairy and eggs Breads grains and pastas Fruits vegetables and juices Spices and condiments Learn how to drop the pounds quickly when you eat the right foods for your type AB blood

Dash Diet Made Easy: Prep-Ahead Meals For Healthy Weight Loss And Lower Blood Pressure Lenard Malone, 2025-04-11 This book offers a user friendly approach to the DASH diet designed to help you achieve healthy weight loss and manage blood pressure effectively It s not just another diet book it s a practical guide packed with delicious and convenient meal plans Forget the days of complicated recipes and endless meal prep This book provides you with a collection of time saving prep ahead recipes that allow you to enjoy nourishing meals without sacrificing your busy schedule The recipes are carefully crafted to align with the DASH diet s core principles emphasizing fruits vegetables whole grains and lean protein while limiting sodium saturated fat and cholesterol You ll discover creative ways to incorporate fresh ingredients into your daily routine making healthy eating enjoyable and sustainable With this book you ll learn how to create a week s worth of meals in advance ensuring that you have healthy and satisfying food ready whenever you need it The book also provides valuable tips for grocery shopping meal planning and managing your time effectively Whether you re a seasoned cook or a novice in the kitchen this comprehensive guide will empower you to take control of your health and well being

Sirtfood Diet Kate Hamilton, 2020-07-29 Are you looking for a diet that won t leave you hungry but will boost your weight loss like never before Do you want a sustainable tasty and easy solution to weight loss that you can start with today If that s the case it s time to consider the Sirtfood Diet The Sirtfood Diet has recently become widely popular with everyone from Adele to professional athletes reaping its benefits This diet is based on activating the skinny gene by eating certain foods These miracle foods contain sirtuins a group of proteins that enhances cellular rejuvenation and makes our bodies burn fat faster Good news Chocolate and red wine offer plenty of sirtuins If you re looking for a diet that s fast healthy and super easy to uphold look no further and join the sirtfood revolution today Here s what you ll learn from Sirtfood Diet by Kate Hamilton The Sirtfood Diet explained in detail with pros cons and health benefits The scientific background behind sirtuins and how

they work to activate the skinny gene HINT you will NOT be required to fast The two phases of the Sirtfood Diet explained with the exact amount of calories and diet duration WHY you need a THIRD Phase to transition to everyday healthy eating easily Which are the most powerful ingredients that you can include in your diet today to boost amazing weight loss results Why is this diet effective for everyone regardless of age and how sirtuins help with anti aging 48 RECIPES to get you started immediately and say goodbye to bland food AND SO MUCH MORE Even if the Sirtfood Diet seems just like any other trending diet the scientific facts are clear Sirtuins are real proteins with a proven effect on weight loss and this diet is designed to help you reap those benefits It s easy short and simple what are you waiting for Get Your Copy Today

Contemporary Office Handbook P M Saleem,2012-12-04 Contemporary Office Handbook emphasizes the critical skills traits and knowledge required to effectively face the emerging workplace realities It is designed to guide you the reader toward success Whether you are a new professional applying for your very first job or a seasoned manager there is information in this handbook to help you The structure of the content is clear making it easy to find what you need quickly And the content is thoroughly researched with excellent citations for those who want to dig deeper From the basic skills to the most advanced thinking on how to be a le

Unveiling the Magic of Words: A Review of "**Weight Loss Staying Healthy Metabolism**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Weight Loss Staying Healthy Metabolism**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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Weight Loss Staying Healthy Metabolism Introduction

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