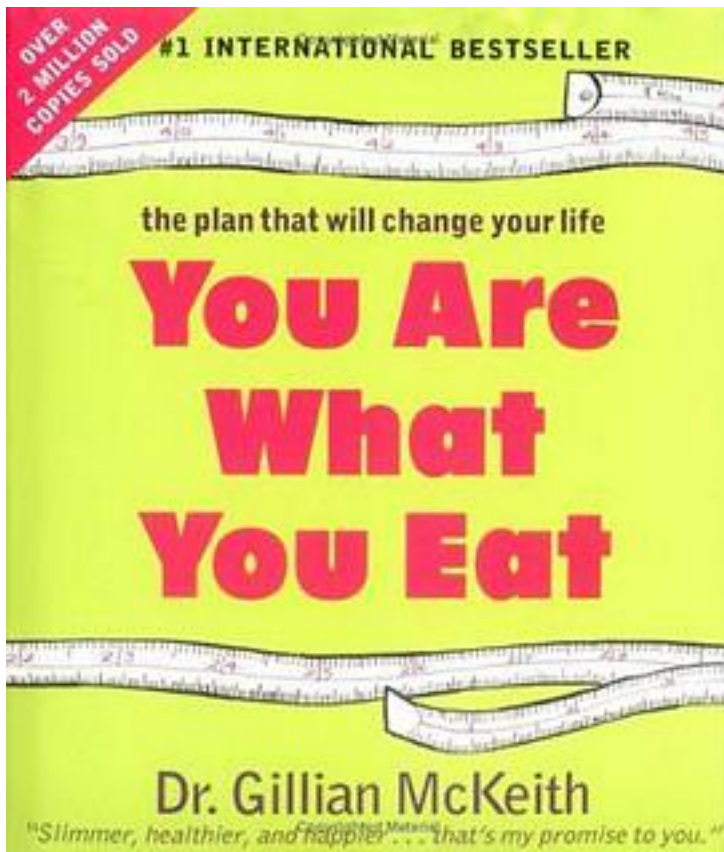


You Are What You Eat



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—Dr. Gillian McKeith

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most acclaimed nutritionist" (Daily Mail, UK), offers a simple yet revolutionary plan to break bad eating habits and improve your health and appearance in no time.

Dr. Gillian McKeith is known the world over for her ability to turn around even the very worst eaters, and set dieters on the path of living healthier, happier, and slimmer lives. Discover her fabulous diet secrets and get ready to meet the new you.

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- o Banish your cravings.

- o Discover how small changes are going to make a big difference

- o Eat more, not less

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