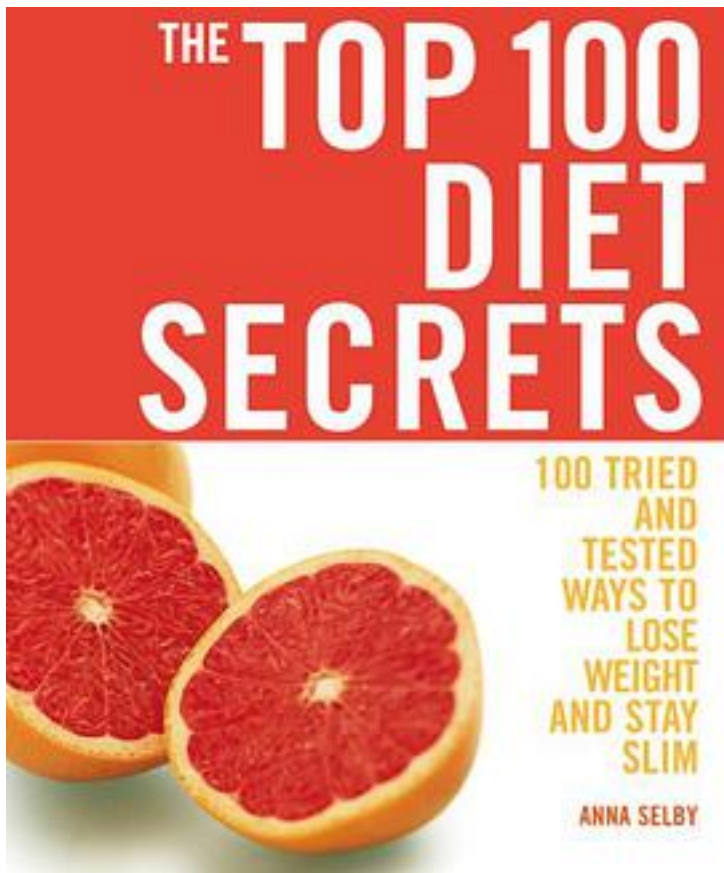


The Top 100 Diet Secrets



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Do you ever look at a slim woman and wonder what her secret is? She may not tell...but this pocket-sized handbook will. It's got the lowdown on diets that "actually" work, plus specific foods, culinary herbs, and supplements that help you reduce your weight. Get the facts on everything from the importance of a low-carb, high-protein diet (with minimal saturated fats) to nutritional concepts such as Glycemic Index and

Glycemic Load. Find out the truth about food combining, useful exercise techniques, and why breakfast is a must-eat. And most invaluable of all: handy guides to more than 100 key foods--plus quick and easy recipes--for effective weight loss.

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