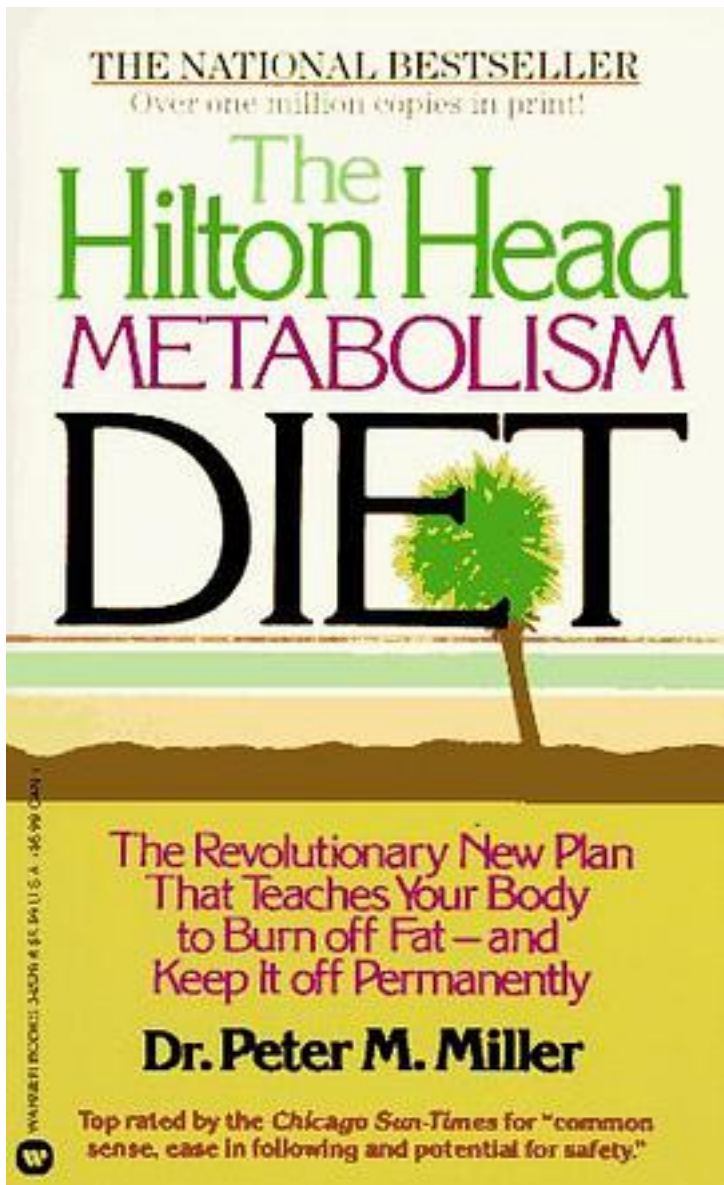


# The Hilton Head Metabolism Diet



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出版者:

出版时间:1986-8

装帧:

isbn:9780446345286

Using the theory that slim people burn off fat more readily than the obese, Dr. Peter Miller provides a satisfying diet and simple exercise program for maintaining ideal weight.

作者介绍:

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