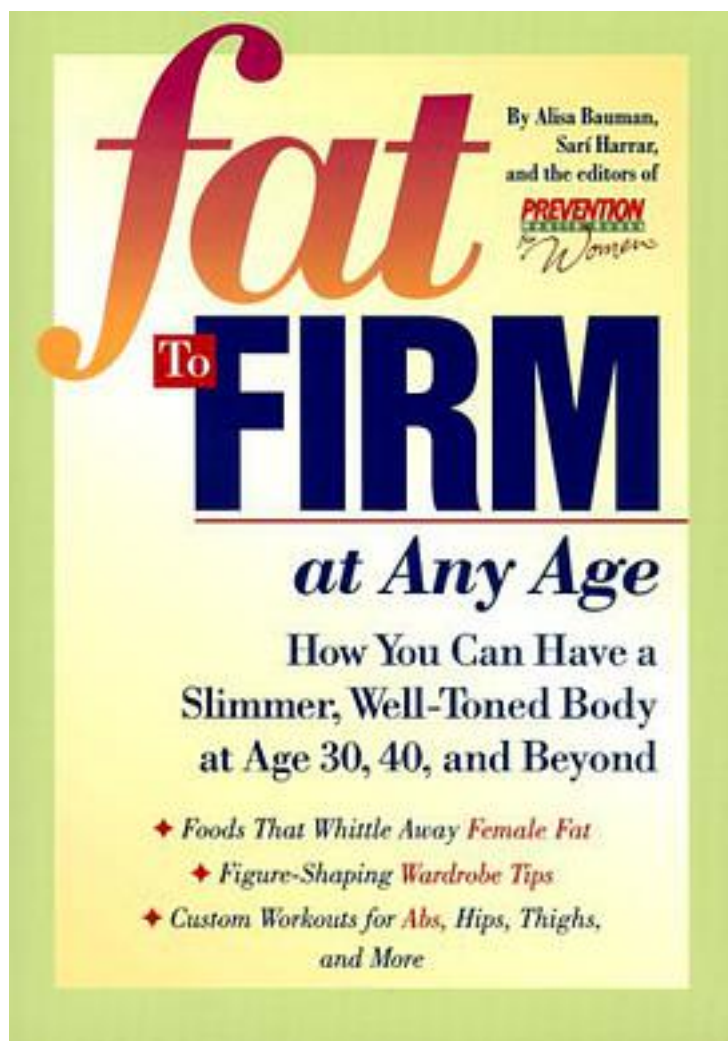


# Fat to Firm at Any Age



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Finally a weight-loss plan that works.The average woman diets three times a year. Yet she also gets 26 percent fatter every 10 years.What s wrong? There is no "one size fits all" weight-loss program.According to doctors

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