

The High Carbohydrate Weight Loss Plan: Discovering Fiber! the Secret Carbohydrate



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In the pages that follow,you will learn what happens to your food from the time it enters the mouth until it leaves the body Furthermore. you will learn what can go wrong in the process and what AND—most impor-

cantly—you'll learn how to avoid, as well as correct and reverse, problems with digestion and elimination. This book will provide you with the knowledge and information you need to achieve optimal and vibrant health

作者介绍:

目录:

[The High Carbohydrate Weight Loss Plan: Discovering Fiber! the Secret Carbohydrate_下载链接1_](#)

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评论

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