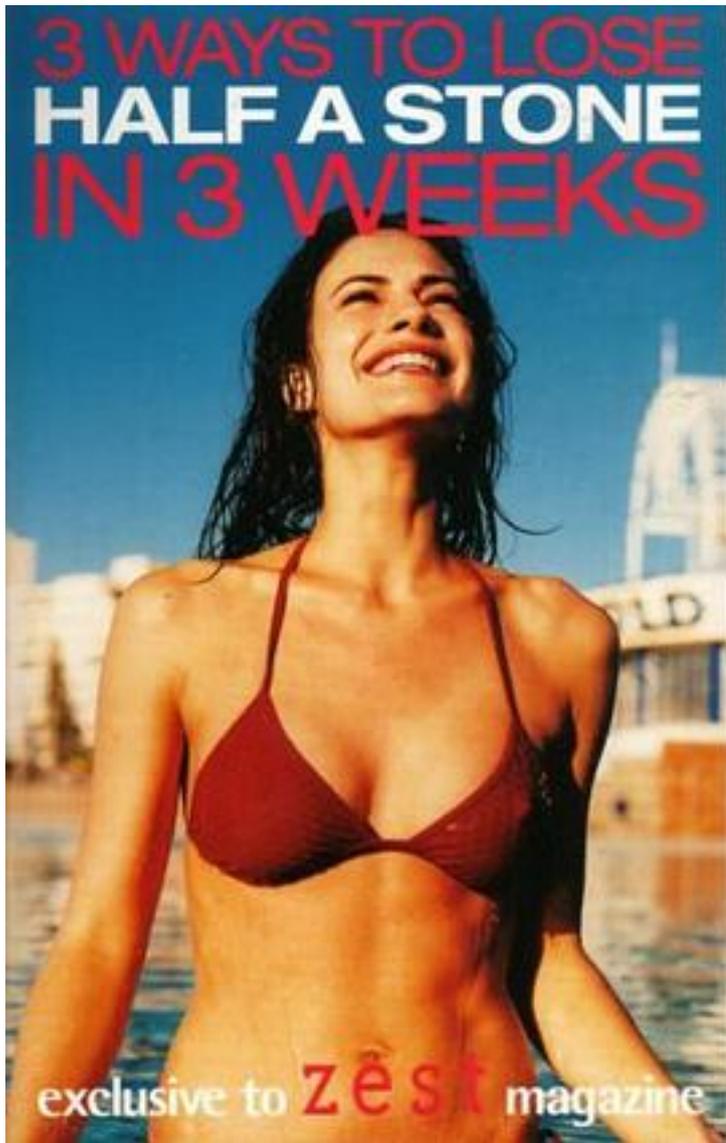


# Three Ways to Lose Half a Stone in Three Weeks (Zest)



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