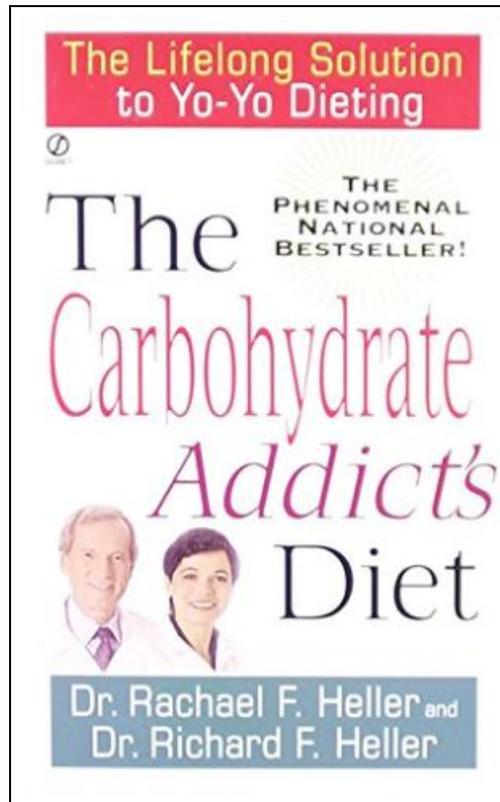


## The Carbohydrate Addict s Diet: The Lifelong Solution to Yoyo Dieting



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