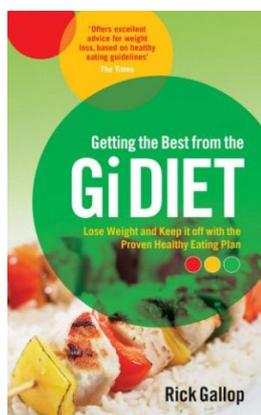


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GETTING THE BEST FROM THE GI DIET: LOSE WEIGHT AND KEEP IT OFF WITH THE PROVEN HEALTHY EATING PLAN



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