



I can't lose weight!... and I don't know why: This Is the Only Book that Explains All the Hidden Causes of Weight Excess

Sandra Cabot MD

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- This is the only book that explains all the hidden causes of excess weight gain
- Unique and ground breaking approach to the popular category of weight loss
- Unlike other "fad diet" books. Sandra Cabot MD explains key weight related health issues that affect weight loss.
- Includes 3 stage protocol for losing weight and maintenance
- Delicious low carb recipes for breakfast, lunch and dinner? and snacks



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