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Lose Weight and Keep It Off - For Good: Gluten-Free Recipes to Lose Fat Featuring Low Glycemic Index and Anti-Inflammatory Foods

By Susan Steinlauf

Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 132 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. This new book features GLUTEN-FREE recipes featuring low Glycemic Index and Anti-Inflammatory foods. Learn 18 of the most important things your healthcare professional or nutritionist might not have told you about losing weight and keeping it off. Strategies for success at burning unwanted and dangerous visceral belly fat and maintaining weight loss. This item ships from La Vergne, TN. Paperback.



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