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Author: M. G.
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2007 Author

Mollie Katzen

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#2 HOW TO DO

BRIGHT LINE

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summary | I LOST 60

POUNDS WITH
BRIGHT LINE

EATING! A cleanse
won't detox your body

-- but here's what will |
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Control *How to Create
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Foods that Can Kill You

Fasting vs. Eating Less:

What's the Difference?

(Science of Fasting) I

Ate Once a Day for a

Month, See What

Happened to Me Should

We Be So Scared Of

Carbohydrates? | The

Truth About Carbs |

~~Tonic Cancer dies when~~

~~you eat these 8 foods!~~

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Anti-Cancer Foods The
7 Healthiest Foods You
Should Eat - Dr. Berg

What Happens To Your
Body When You Stop
Drinking Alcohol The
REAL Reason to Drink
Lemon Water Every
Day What Would

Happen if You Drank
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(Science-Based) Eat

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Drinking lite beer or

drinking in moderation

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Willott

habits. Here are the
worst beer habits for
weight loss.

~~5 Worst Beer Habits for Weight Loss, Say Dietitians~~

Women often gain
weight around this time
due to a perfect storm of
circumstances that tend
to come together at the
same time, some of
which are within our

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control, and some whi...

A Flexible And
~~Menopause weight loss:~~
~~'Cut back' on~~
~~'poisonous' drink or~~
~~risk 'storing more body~~
~~fat'~~

"Now it's become about
eating to survive as
opposed to eating what
sounded good," Jeff
Brinker told a local
news outlet in Missouri.

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~~Man Reveals How He
Quit Bad Habits and
Lost Half His Weight
Sleeping for longer has
been found to help
regulate your appetite,
which can aid you on
your weight-loss
journey...~~

~~Author Mollie
Katzen Walter
Willett and other lazy
weight loss tips~~

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Losing weight can sometimes feel like a difficult task, but studies have shown that sleeping habits can make a huge difference. Various studies by the National Center for Biotechnology Information ...

~~The sleeping habits that can help weight loss and decrease your your~~

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STRAPPED for time and unable to cook up a healthy meal? Experts have suggested some quick and easy ways to eat healthy when against the clock.

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~~Weight loss: Avoid
unhealthy meals when
against the clock with
'quick and healthy'
options~~

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Tea Burn's product assists consumers in their weight loss quest by increasing metabolism and decreasing hunger sensations. Tea Burn offers to help people to lose weight...

~~Tea Burn Emerges As
The Leading Brand
Used For Weight Loss
In The Market~~

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Images Your lifestyle and overall health play a major role in how healthy your heart is, according to updated guidelines. Factors like diet, exercise, cholesterol, and ...

~~From diet to weight,
here are the 8 key
factors and habits that~~

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~~predict your heart
health, according to
doctors~~

I finally achieved what
life is all about, having
fun, enjoying food, and
how to maintain weight
loss healthily.' ...

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~~Former Aussie Macca's
worker who ballooned
to size 20 shares secret
to 44kg weight loss~~

Skipping meals slows

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down your metabolism
more with age and
makes it even harder for
you to lose weight. This
often lead ...

~~Eating and lifestyle
habits that slow down
your metabolism~~

Last week's column
was about the pros and
cons of Lifeline

Screening, which was
offered locally the end

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of June. Prior to that
there were 10 columns
on Dr. Michael
Greger's daily dozen —
...

~~Doctor's Tip: What
should we drink every
day and how much~~

Time and time again,
we've learned that
breakfast is the most
important meal of the
day. Starting your

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morning right with
nutritious food not only
gives your body the
proper vitamins and
minerals that ...

~~When Is The Best Time
To Eat Dinner? We
Asked Weight Loss
Experts~~

Arthritis is a chronic
disease which impacts
10 million people in the
UK. It can affect people

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of all ages, but is most common in those between the ages of 40 and 50 years old, with women three times ...

~~Arthritis symptoms and three best drinks proven to reduce inflammation~~

During their most recent tubing adventure, the mother and daughter were delighted to discover “we were able

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to keep up with
everyone that was
there,” said Maddison.
Carrie, 46, and her
daughter ...
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Katzen Walter
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