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Your Fat Can Make You Thin

Calvin Ezrin, Kristen Caron

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While many American's have found temporary success with low-carbohydrate dieting, few maintain their weight loss. Drawing on proven medical research and years of successful clinical use, *Your Fat Can Make You Thin* clearly explains how to regulate the body's serotonin levels to maintain energy and health while burning excess fat--and keeping it off for good.

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