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THE BODY BALANCE DIET PLAN

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THE
BODY BALANCE
DIET PLAN
LOSE EXCESS WEIGHT, GAIN ENERGY
AND FEEL FANTASTIC
WITH THE SCIENCE OF AYURVEDA

Watkins Media. Paperback. Book Condition: new. BRAND NEW, The Body Balance Diet Plan, Emine Ali Rushton, 'Fact: diets don't work, so we need a new approach. This easy-to-read book tunes you into your body, making it easy to eat healthily and rebalance your life. And, as many have found, the pounds then fall away.' - Josephine Fairley, co-founder of Green and Black's Your body knows best, but are you listening? Put an end to crash diets forever with a personalized...

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- Authored by Emine Ali Rushton
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