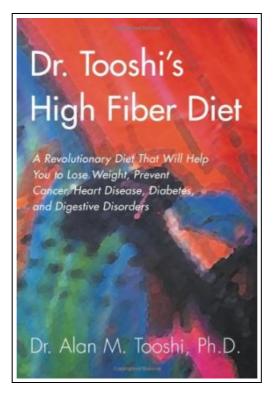
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Reviews

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iUniverse. Paperback. Condition: New. 220 pages. Dimensions: 8.9in. x 6.0in. x 0.6in.Of all the factors that influence our life and upon which our health and illness depend, undoubtedly the nature of the food we eat is the most important. That is why we find in our contemporary society men, women and even children struggling to control their weight. With Dr. Tooshis Diet you will lose weight quickly and safely. More importantly, Dr. Tooshi has helped thousands of people to lose weight successfully and he has included his personal techniques and instructions so that you, too, may benefit from his 20 years of practical experience in the field of weight loss. Also included in his book are a basic course in public health nutrition, a comprehensive exercise program and his personal collection of weight loss recipes. Dr. Tooshis weight loss program is truly the first comprehensive approach to losing weight and keeping it off for many years to come. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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