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# The Weight Loss Driad

## THE WEIGHT LOSS TRIAD: A COMPREHENSIVE GUIDE TO LASTING WEIGHT LOSS

Fitness Plus, United States, 2009. Paperback Book Condition: New. 226 x 152 mm. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Obesity In The U.S. Has Reached Epidemic Proportions. According to latest statistics, 1 out of every 3 Americans is obese and 2 out of 3 are overweight. Obesity increases the risk of premature death, heart disease, type 2 diabetes and certain cancers. Conflicting recommendations and fad diets have confused many who are seeking to manage their weight...

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- Authored by Thomas Lawrence Halton
- Released at 2009



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