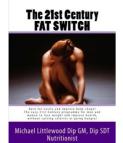
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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English. Brand New Book ***** Print on Demand *****.Learn how to get your body to Burn FAT and increase Energy by lowering Insulin levels. Prevent more FAT being deposited and retain healthy muscle. The key to the FAT SWITCH is lower Insulin! How s it work? Put simply, Insulin causes the body to deposit excess carbohydrate as FAT, particularly around the waist and hips and it...

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