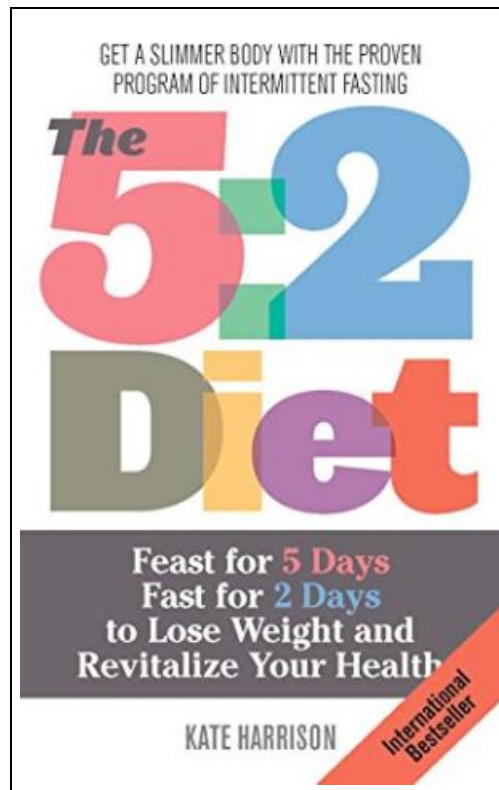# The 5:2 Diet: Feast for 5 Days, Fast for 2 Days to Lose Weight and Revitalize Your Health

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