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8 HOUR DIET: 5 MINUTE EASY LOSE POUNDS BLENDER SHAKER RECIPES YOU CAN INCLUDE IN YOUR 8 HOUR DIET TODAY TO MAXIMIZE YOUR DIET RESULTS



Createspace, United States, 2015. Paperback. Book Condition: New. 234 x 156 mm. Language: English . Brand New Book ***** Print on Demand *****.According to the 8 Hour Diet it is possible to reset a dieter's metabolism by introducing fasting or fat-burning periods. During this time, the body will lose weight. Outside of these periods, for eight hours at each stretch (such as between 9am to 5pm or 11am to 7pm) dieters are free to consume as many calories and...

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- Authored by Juliana Baldec
- Released at 2015



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