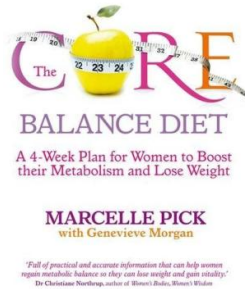


## The Core Balance Diet: A 4-Week Plan for Women to Boost their Metabolism and Lose Weight



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