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# The 8 Hour Diet Watch The Pounds Disappear Without Watching What You Eat By David Zinczenko Dec 24 2012

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#### **HEALTHY EATING AND DOCTOR PRESCRIBED DIETS**

important Reasons for the diet should be discussed with the person, and his or her support staff, family and/or conservator before the diet is started The additions or limitations in a person's diet should be clearly communicated to the person and all staff supporting the person, so everyone involved understands the diet

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**The Slow Carb Diet The Path To Your Desired Weight ...**

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