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The 7 Principles of Fat Burning Lose the weight Keep it

The 7 Principles of Fat Burning: Lose the weight. Keep it off. The 7 Principles of Fat Burning is the handbook to the sensational Berg Diet that has empowered thousands of people to get healthy, lose weight and keep it off.

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Knowledge is power and The 7 Principles of Fat Burning gives dieters the power to take command by eating the healthy diet that activates the fat-burning hormones for their body type. For years people have been told to lose weight to be healthy. The truth is, you need to get healthy to lose weight. The Seven Principles of Fat Burning shows you how. Dr. Berg thoroughly educates readers and puts them right where they should be: in charge of their own weight.

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