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The New Grapefruit Diet

J. Sutherland

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The New Grapefruit Diet

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The New Grapefruit Diet J. Sutherland
The New Grapefruit Diet: Naturally Fit in the New Millenium!

This 2012 revision in weight loss excellence is a modernization of one of the longest running and most successful diets ever created. The original Grapefruit Diet, also dubbed The Hollywood Diet and The Seven Day Diet has been helping people lose weight and feel great since the early 1930's. Delve into modern dietary and scientific discoveries that have unlocked the weight loss giant's potential!

One of the driving forces behind The Grapefruit Diet's popularity has been its reliance on natural foods and food combinations as a catalyst to fat burning. Why rely on dangerous medications, dubious suplements and aggrevating fasts when the science of dieting has always pointed right to natural methods that have led us here: The New Grapefruit Diet!

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