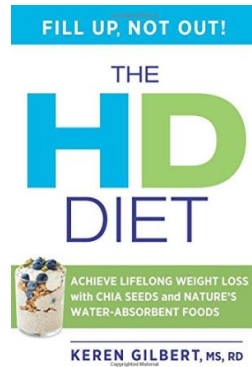


## The HD Diet: Achieve Lifelong Weight Loss with Chia Seeds and Nature's Water-Absorbent Foods



### Book Review

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