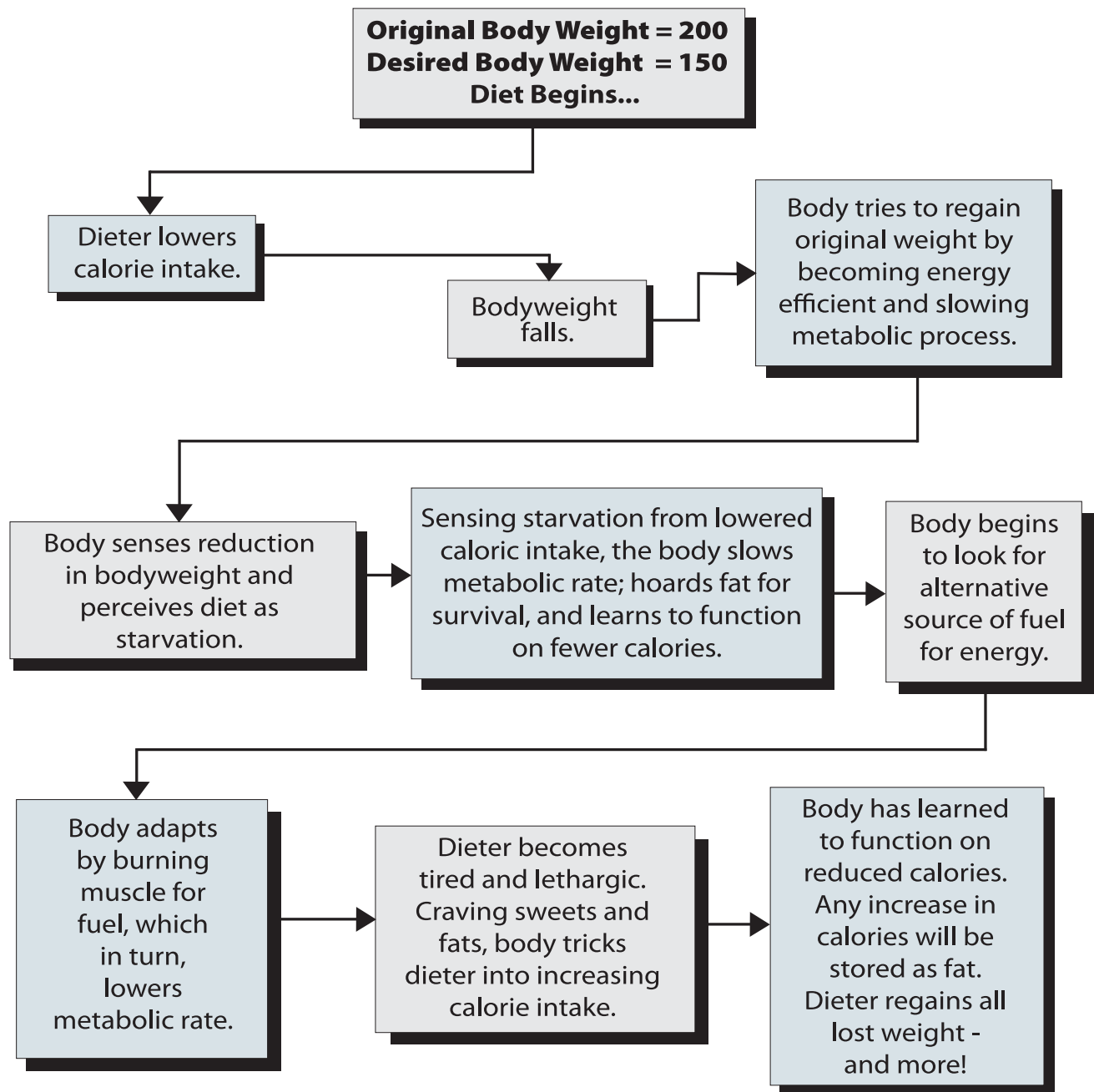


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Your Body's Defense Mechanism Against Dieting or Starvation



This is the unavoidable result of "restricted calorie" diets!

Yo-Yo Dieting