

WHAT HELPS YOU LOSE WEIGHT



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Well I have used this diet to lose weight and keep it off, Philip. 10 years ago I weighed 255 (6 feet, one inch). Then i went to this milk diet and quite quickly went down to 175, and later to 165 and have kept it off rather easily. But it s conceivable to me one could lose weight and keep it off with a more typical mainstream diet.

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