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The recommendations in this book are not intended to replace or confl ict with the advice given to you by your physician or other health professionals. All matters regarding your health should be discussed weight loss. for . CHOOSE MORE, LOSE MORE FOR LIFE

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Choose to Lose The 7 Day Carb Cycle Solution by Chris

Choose to Lose : The 7-Day Carb Cycle Solution by Chris Powell Overview - From celebrated fitness trainer Chris Powell, star of ABC's "EXTREME WEIGHT LOSS," comes this inspirational weight loss book to help anyone conquer their weight.

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Chris Powell Official Site

Chris Powell is the trainer and transformation specialist on ABC's highly rated documentary style series Extreme Weight Loss.

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