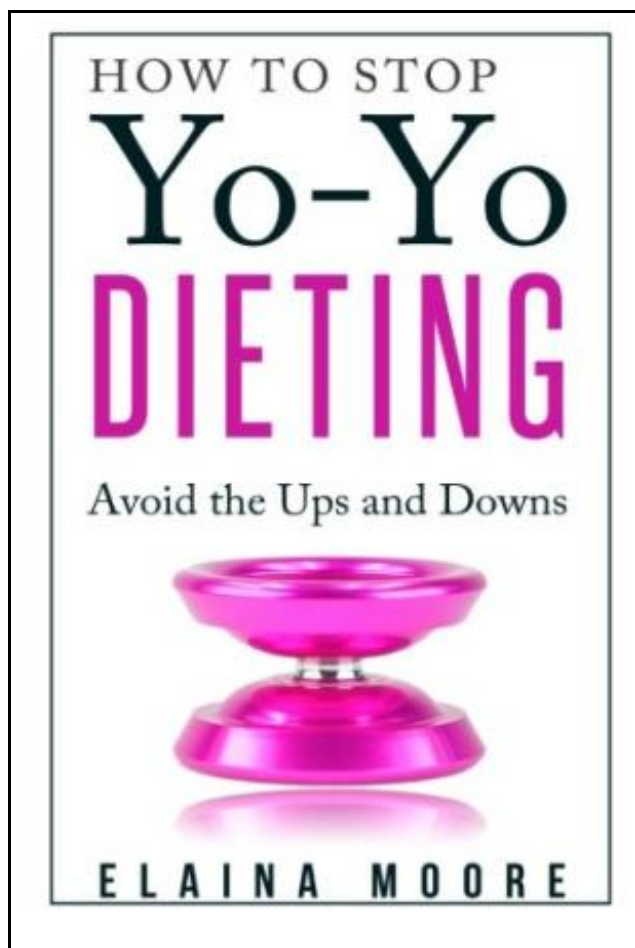


## How to Stop Yo-Yo Dieting: Avoid the Ups and Downs



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