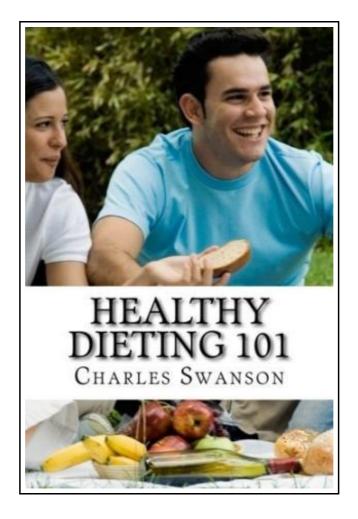
# Healthy Dieting 101: How to Diet in a Safe Healthy Way



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