



Sugar-Free Miracle Diet Handbook: Stop Out-of-Control Eating and Lose Weight

Karen Bentley

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Weight loss program designed specifically to stop out-of-control eating. Strategy is based on abstinence from caloric sweeteners and most powdery flours. Get the caloric sweeteners out; put dietary fat back in and eat yourself thin with a food budget that includes up to 4 pounds of food per day. Easy, natural weight loss of 8-10 pounds per month, and possibly more. Written by sugar-free nutritional expert Karen Bentley.

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