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YOUR FAT CAN MAKE YOU THIN

Calvin Ezrin, M.D.

Coauthor of The Type 2 Diabetes Diet Book

WITH KRISTEN L. CARON, M.A.

Foreword by ROBERT E. KOWALSKI,
author of The 8-Week Cholesterol Cure

Your Fat Can Make You Thin

Calvin Ezrin, Kristen L. Caron

Your Fat Can Make You Thin:

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The Ounces Countdown Weight Loss Approach Patrick Hafner,2010-04 Hafner helps pave the way for sensible realistic easy and lasting weight control He asserts that by doing half the things listed in this book progress should begin immediately

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Farm Journal and Country Gentleman ,1925 **The Type II Diabetes Diet Book** Calvin Ezrin,Robert E. Kowalski,1999-08-22 Proved to be remarkably effective for both Type II diabetics and nondiabetic people with chronic weight problems the Insulin Control Diet based on low carbohydrate and low caloric intake allows patients to decrease insulin production and convert stored fat into fuel In this new edition Dr Calvin Ezrin provides updated ADA recommendations and a complete section of revised recipes and meal plans **Motion Picture Classic** ,1924 **American Illustrated Magazine** ,1922

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