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The Woman's Day Guide to Lasting Weight Loss Kathy Keenan Isoldi,2007

The Doctor's Guide to Weight Loss Surgery Louis Flancaum,Louis J. Flancaum,Erica Manfred,Deborah Flancaum,Deborah Biskin,2001 One of the world s foremost experts on weight loss surgery takes you through the entire process from presurgical evaluation to postop care Includes a section of what to do if your insurance policy excludes obesity treatment how to determine when you can resume normal activities and return to work healthful recipes patient success stories and more

Dr. Romano's Megatetics Weight Reduction Guide Ronald R. Romano,1978

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Walking Magazine's the Complete Guide to Walking for Health, Weight Loss, and Fitness Mark Fenton, 2001 A guide to walking presents a diet and exercise plan to improve overall health lose weight build endurance and speed and become fit

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American Dietetic Association Complete Food And Nutrition Guide, Rev Updated 4e Roberta Larson Duyff, 2012-02-03

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