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How To Make Your Own Cleanse For Detox - Can I Lose A

The 10-Day Belly Slimdown is the latest book from New York Times bestselling author Dr. Kellyann. Get rid of the evil belly fat that puts you at risk for obesity, diabetes, high blood pressure, and heart disease.

The 10-Day Belly Slimdown â€™ Book & Bonuses from Dr. Kellyann

Intentional. Intentional weight loss is the loss of total body mass as a result of efforts to improve fitness and health, or to change appearance through slimming. Weight loss in individuals who are overweight or obese can reduce health risks, increase fitness, and may delay the onset of diabetes. It could reduce pain and increase movement in people with osteoarthritis of the knee.

Weight loss - Wikipedia

Dieting is the practice of eating food in a regulated and supervised fashion to decrease, maintain, or increase body weight, or to prevent and treat diseases, such as diabetes. A restricted diet is often used by those who are overweight or obese, sometimes in combination with physical exercise, to reduce body weight. Some people follow a diet to gain weight (usually in the form of muscle).

Dieting - Wikipedia

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