



## The 24 Hour Diet

*Prof. Brian S. Peskin, M.D. Stephen Cavallino*

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**The 24 Hour Diet** Prof. Brian S. Peskin, M.D. Stephen Cavallino

The 24-Hour Diet: The No-Denial Strategy of Fabulous Food to Make you Lean For Life. Filled with science-based, medical report-quality facts & information. This ground-breaking book sets the record straight about nutrition, diet, weight management and so much more!

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