

MMM! ANTI-DIET

EAT YOURSELF SLIM & HEALTHY

How To Lose Weight & Fight Disease Without Dieting

By **KIM BREBACH**

Based on the Mediterranean Diet & 120 expert sources

By the author of **DEMENTIA: Keep Your Marbles** & **CANCER: Make Your Own Luck**



The Anti Diet How To Eat Lose And Live

TD Snyder



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