

# ***SLIMFASTING:***

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*The Quick  
"Pounds Off"  
Way to  
Youthful  
Slimness*

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*by Carlson Wade*



with a foreword by William S. Keezer, M.D.

SLIMFASTING



# Slimfasting The Quick Pounds Off Way To Youthful Slimness

**L Darling-Hammond**





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