

s yeast making How to find out— and get slim for good!



Unleash your inner genius!
Super-success tricks from Einstein and OPRAH!

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✓ Boost your metabolism 189
 ✓ Make your cells burn more for

Lose 45 lbs or mor by Christmas



Chocolate-Strawberry Mousse Parfait!

Feel better! Live longer!

/ Prevent cancer! / Lose weight!

/ Avoid diabetes!

P.S.—Why you *must* eat more chocolate!



The salad that

Prevents osteoporosis!

**NO MORE WORRIES!** 

Get yours off your mind for good!



15 minutes to A perfectly organized life!

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