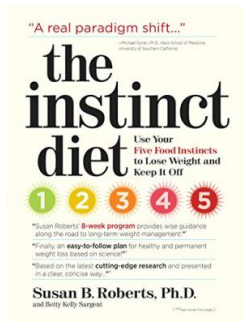


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THE INSTINCT DIET: USE YOUR FIVE FOOD INSTINCTS TO LOSE WEIGHT AND KEEP IT OFF



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