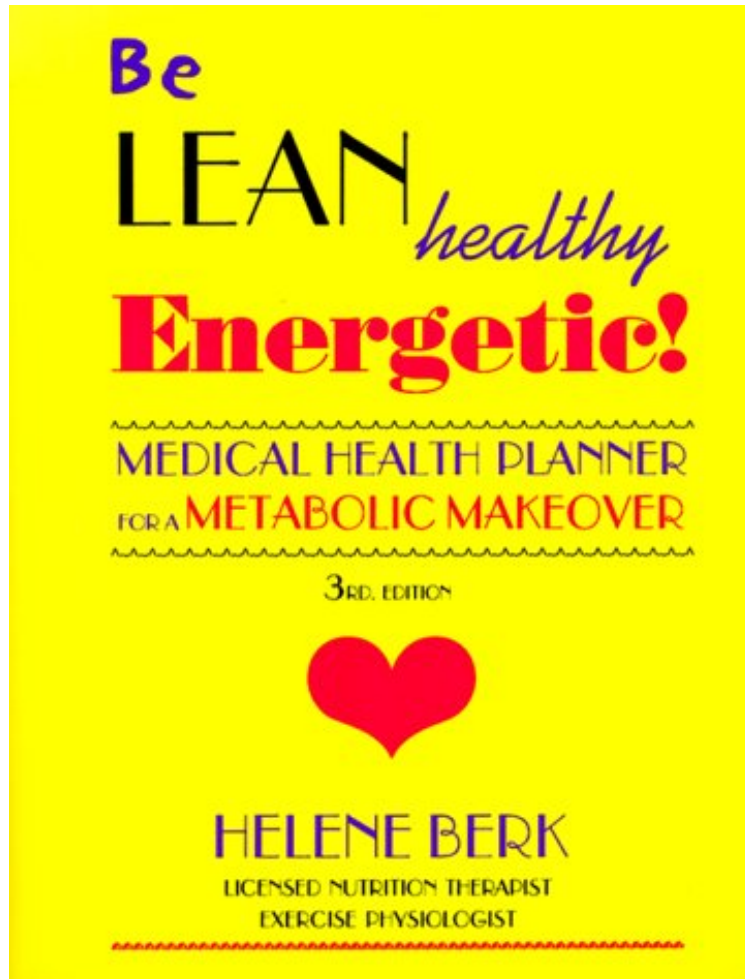


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## Be Lean, Healthy, Energetic!: Medical Health Planner for a Metabolic Makeover

*Helene Berk*

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Overview52 week (playful) medical nutrition planner to burn body fat (faster), ignite vitality, balance blood sugars,

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