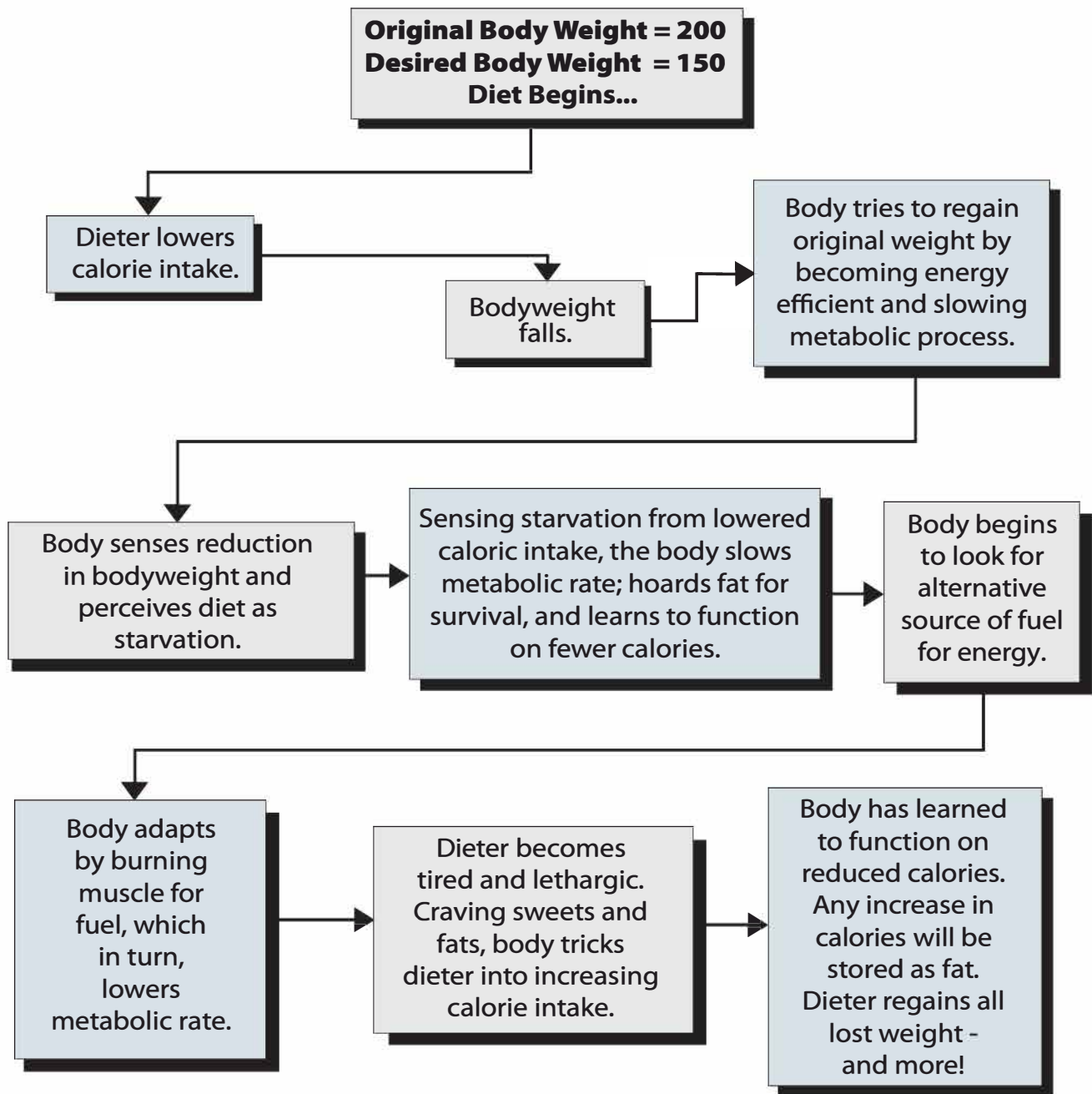


LIVINGBYDESIGN

MOVE EAT THINK

Your Body's Defense Mechanism Against Dieting or Starvation



This is the unavoidable result of "restricted calorie" diets!

Yo-Yo Dieting