

EAT FAT BE THIN

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Mark Hyman, author of 'Eat Fat, Get Thin,' says to avoid these foods - Business Insider

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Eat Fat, Get Thin by Mark Hyman

A revolutionary new diet program based on the latest science showing the importance of fat in weight loss and overall health, from # 1.

Eat Fat, Get Thin - it's really as simple as that, says Mark Hyman, MD. Find out the benefits of dietary fat with this important interview.

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Theybothcoversimilargroundthefoodindustryismoreconcernedwithprofi
tried the sun-dried tomato and turkey burgers with avocado
cream, and they were fantastic! However, I decided to work
today, I obviously did not drink, and you know what?