

## GET HEALTHY LOSE WEIGHT

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But when I dropped the dairy (& eggs), I lost nearly 10 lbs in 3 weeks. (I wasn't even TRYING to lose weight!) This experience convinced me that ditching cheese & dairy foods could be very rewarding for those who ARE trying to lose weight. I definitely recommend trying Dr. Barnard's 3-week 'Test Drive'.

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To learn how to lose weight Swap the all-or-nothing approach for one or two healthy switch-ups in your I had to walk to the store to get it.

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