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Weight--Look And Feel Great By Brooke Alpert,
Patricia Farris**

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A classic example of a hammer in search of a nail, nutritionist Alpert and dermatologist Farris's diet program is a haphazard blend of science

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The Sugar Detox has 187 ratings and 37 reviews. Sarah said: Overall, I liked the book. It did tend to get really heavy in the science behind it all. Some

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