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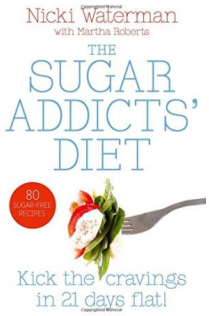

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, Sugar Addicts' Diet: See The Pounds Drop Off!, Nicki Waterman, Martha Roberts, Ex-sugar addict Nicki Waterman, the face of GMTV fitness, describes how and why she beat her sugar habit - and how you can too. The Sugar Addict's Diet is a brand new nutrition plan that will help you lose weight and eliminate ailments by eliminating sugar entirely from your diet and increasing your levels of good fats to bust those...

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