



Emily's Vinegar Diet Book

By Emily Thacker

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This is the easy-to-follow diet you have been waiting for! It helps you lose weight without counting calories or being hungry. This time, you'll keep the weight off for life. This easiest diet ever helps you lose pounds and inches, and keep them off! With a tonic of apple cider vinegar and honey there is no confusing calorie counting, food restrictions or expensive supplements. Increase your energy level while the pounds melt away. See how to use the "magic" of thermogenesis to be thinner, look younger and feel more vigorous - without depriving yourself of the food you love!

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