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Easy High FIBER Recipes: Stay Fit And Healthy: Use The Power Of High Fiber Diet To Have The Perfect Body Quick And Easy



Synopsis

You want to be fit? You want to do it easy and effortlessly? This book is for your. You will find how to cook high fiber recipes that will keep you in shape. Normalizes bowel movements. Dietary fiber increases the weight and size of your stool and softens it. The high fiber is the new way to be healthy. Helps maintain bowel health. Lowers cholesterol levels. Helps control blood sugar levels. Aids in achieving healthy weight.

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Customer Reviews

I lost couple of pound with these recipes.

They are ok. Lots of good ideas

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