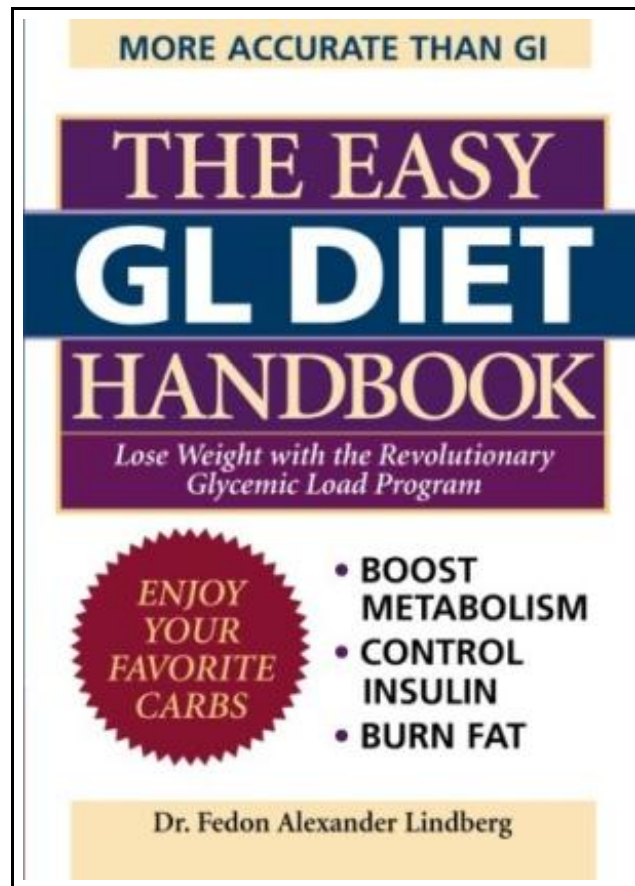# The Easy GL Diet Handbook: Lose Weight with the Revolutionary Glycemic Load Program



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