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The Midlife Miracle Diet

TAME YOUR INSULIN RESISTANCE

- Curb Your Carb Cravings
- Banish **Persistent** Overweight
- Lower Your **Risk** for Diabetes and Heart Disease
- Enhance Your **Joy** and Well-Being

ADELE PUHN, M.S., C.N.S.

The New York Times bestselling author of **THE 5-DAY MIRACLE DIET**

Midlife Miracle Diet

RD Boyd



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