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In Their Own Words Kathleen spent her life on the dieting merry-go-round as the result of food addiction and cravings. Her dysfunctional relationship with food controlled her

THE END OF DIETING - Meetup

End of Dieting lifestyle eliminates toxic and never-ending hunger, physical and emotional food addictions, cravings for unhealthy foods. This lifestyle leads to health, longevity, vitality, joy of living and yes, weight loss as a pleasant by-product.

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