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The Younger (Thinner) You Diet Review: Overview. Dr. Braverman has a good point in his book The Younger (Thinner) You Diet. He points out that the most important

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"You on a diet" is like a hamster racing on a metal wheel: You run as fast as you can all day long, but without fixing your brain's chemical deficiency, you'll never

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Anti-aging diet | younger thinner you diet

The Younger You Diet. The fact is, as early as age 30 our bodies begin to age, inside and out. At first the changes are almost imperceptible. You may recognize you

Younger thinner you diet - diet review

The Younger (Thinner) You Diet involves eating specific foods that naturally produce certain feelings in your brain so that you can banish food cravings and stop

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Younger (thinner) you diet diet review

Younger (Thinner) You Diet Review: Background. The Younger (Thinner) You Diet is based on a revolutionary concept: that the way we think about food is wrong, and that

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Exercise Recommendations. Exercise is an important component of Younger Thinner You because it assists with the regulation of brain chemistry, which also helps to

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Eric r. braverman (author of the edge effect)

Eric R. Braverman is the author of The Edge Effect The Younger (Thinner) You Diet: How Understanding Your Brain Chemistry Can Help You Lose Weight,

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