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HEALTH & WELLNESS



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**May 12th 2010: Boost your Metabolism for Life**

Summer is just around the corner... are you looking to boost your metabolism and keep the fat off permanently? If you answered yes, you can't miss this interview with Dr. Ann Louise Gittleman who will be discussing her latest book Fat Flush for Life which Time Magazine has honored with being one of the top 10 new diet books in 2010. Dr. Ann Louise has revolutionized dieting, helping people melt away fat through detoxifying one's body and she'll be sharing her secrets on how you can achieve permanent fat loss, glowing skin, a reduction in the appearance of cellulite, increase your energy

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