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HarperAudio, United States, 2017. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. The New York Times bestselling author of The Hormone Cure and The Hormone Reset Diet shows every woman how to create a lifestyle that will help her look great, feel energized, and slow down the effects of aging. Feel destined for cellulite, saddle bags, and belly fat? Does your family come from a long line of Alzheimer s, cancer, or heart disease? Will nothing help your aging skin...

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- Authored by Sara Gottfried MD
- Released at 2017



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