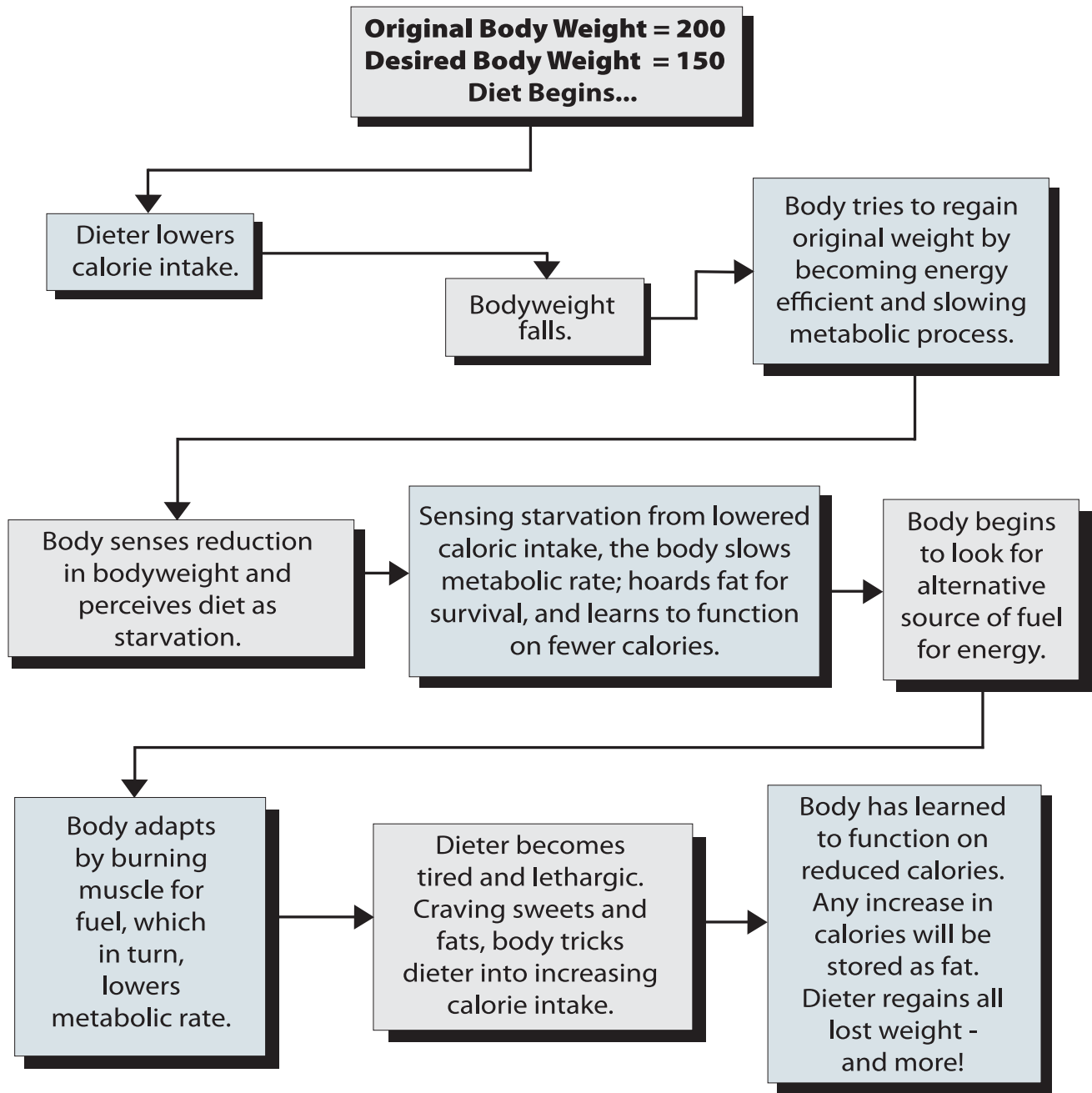




Your Body's Defense Mechanism Against Dieting or Starvation



This is the unavoidable result of "restricted calorie" diets!
Yo-Yo Dieting