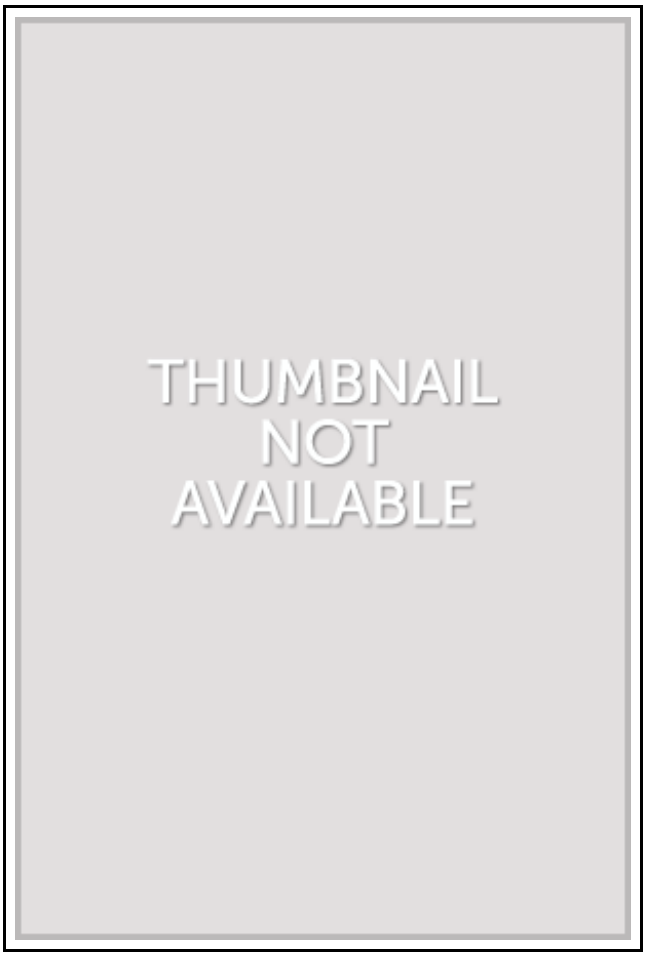
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Rba Libros. Paperback. Book Condition: New. Paperback. 144 pages. Dimensions: 8.3in. x 5.6in. x 0.6in.Si hubiera que definir el secreto de la dieta Dukan en unas pocas palabras, estas seran el salvado de avena. La receta que se convertira en uno de los pilares de su mtodo de adelgazamiento y en uno de los tres elementos bsicos de su plan de estabilizacin, la famosa torta Dukan, no es ms que una variante de uno de los platos ms sencillos y exquisitos del mundo, la crpe. ENGLISH DESCRIPTION: In this book, Dr Dukan reveals the secrets behind his magic ingredient: oat bran. Oat bran is a key component of The Dukan Diet, the unique 4-step programme which combines two steps to lose your unwanted weight and two steps to keep it off for good. Not only does it reduce hunger, it also helps to reduce cholesterol, prevent diabetes and cancer, as well as aiding digestion. By eating oat bran as part of The Dukan Diet weight-loss programme you can lose the weight you want like millions of others have around the world. Devised by Dr Pierre Dukan, a French medical doctor who has spent his career helping people to lose weight permanently, The Dukan Diet is the culmination of thirty-five years clinical experience. Beyond its immense success in France, The Dukan Diet has been adopted by more than 50 countries and translated into 25 languages. Many international observers agree that this is the method most likely to put a stop to the worlds weight problems. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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