

# **My Diet Journal: Knife, Diet Journal & Diary, 6 X 9, 12 Weeks Of Daily Entries By My Diet Journal**

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**i lost the wheat, but didn't lose weight: 2 | dr** - Oct 27, 2012 In the first week I lost 6 lbs and in the last 8 days only 2. My husband and I have been wheat belly diet for over 5 weeks. on the Wheab Belly lifestyle for about 4 -5 weeks now and has lost over 12 pounds. June 10, 2013 at 9:39 am .. I showed him some journal articles from May 2013 that showed that

**invigorate now - body, mind, world** - And Can Slash Up To 9 Pounds of Stubborn Belly Fat In 2 Weeks or Less! I Knew Everything There Was To Know About Diet & Exercise, But STILL I mean, my friends and family had already been telling me to lose weight for years. . (1) A Journal of Alternative and Complementary Medicine study explains, "The current

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