

## The HD Diet: Achieve Lifelong Weight Loss with Chia Seeds and Nature's Water-Absorbent Foods

FILL UP, NOT OUT!

THE  
**HD**  
DIET



ACHIEVE LIFELONG WEIGHT LOSS  
WITH CHIA SEEDS AND NATURE'S  
WATER-ABSORBENT FOODS

KEREN GILBERT, MS, RD

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### Book Review

Merely no words to spell out. Sure, it is actually perform, nonetheless an amazing and interesting literature. Once you begin to read the book, it is extremely difficult to leave it before concluding.  
**(Vada Heidenreich)**

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