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fat The Alternate-Day Diet by James B. Johnson The Alternate-Day Diet Revised: The Original Up-Day, Down-Day Eating Plan to Turn on Your "Skinny Gene," Shed the Pounds, and Live a Longer and Healthier Life Paperback - Dec 31 2013 by James B. Johnson M.D. (Author), Donald R. Laub Sr. M.D. (Author) 4.1 out of 5 stars 95 ratings See all formats and editions The Alternate-Day Diet Revised: The Original Up-Day, Down ... The most common version of this diet involves "modified" fasting, where you can eat around 500 calories on fasting days. Alternate-day fasting may help promote weight loss and may help lower risk... Alternate-Day Fasting: A Comprehensive Beginner's Guide The Alternate-Day Diet Revised: The Original Up-Day, Down-Day Eating Plan to Turn on Your "Skinny Gene," Shed the Pounds, and Live a Longer and Healthier Life - Ebook written by James B. Johnson... The Alternate-Day Diet Revised: The Original Up-Day, Down ... The Alternate-Day Diet Revised: The Original Up-Day, Down-Day Eating Plan to Turn on Your Skinny Gene, Shed the Pounds, and Live a Longer and Healthier Life (Paperback) Published December 31st 2013 by TarcherPerigee Paperback, 288 pages Editions of The Alternate-Day Diet by James B. Johnson The Alternate-Day Diet Revised The Original Up-Day, Down-Day Eating Plan to Turn on Your "Skinny Gene," Shed the Pounds, and Live a Longer and Healthier Life by James B. Johnson, M.D. , Donald R. Laub, Sr. M.D. The Alternate-Day Diet Revised eBook by James B. Johnson ... The Alternate-Day Diet Revised: The Original Up-Day, Down-Day Eating Plan to Turn on Your "Skinny Gene," Shed the Pounds, and Live a Longer and Healthier Life by James B. Johnson M.D. Format: Kindle Edition

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