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## The Alli Diet Plan: Your Essential Guide to Success with Alli

By Fiona Wilcock

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, The Alli Diet Plan: Your Essential Guide to Success with Alli, Fiona Wilcock, It's time for a revolution in weight loss. Something different from anything you've tried before. Something that is proven to work. Welcome to The alli Diet Plan - an different approach to weight loss that gives best efforts an added boost. By Spring 2009, alli will be the only EU-licensed weight loss aid available without a prescription. It is clinically proven to increase weight loss by 50% more than through dieting alone; so for every 2lbs lost through a dieter's efforts, alli boosts this weight loss by 1lb more. Unlike other weight loss aids, alli capsules work directly in the digestive tract and are minimally absorbed into the bloodstream. The alli Diet Plan is the must-have companion book that presents a nutritionist-designed, reduced calorie lower-fat dietary regime. The book also provides detailed meal plans and delicious recipes that are specifically created to work with alli to maximise dieting success. The alli Diet Plan makes weight loss even easier with: / Meal plans and no-cook options to save you time / A fitness programme for optimal results / An indispensable...



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