



## New Year Diet

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By Cynthia Carpenter

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Another New Year Diet and another resolution to lose the weight this time. This year get a Jump Start by following this specially designed weight loss plan. This New Year Diet plan has been tried by a select group of clients and within the first week there have been reports of up to 10 lbs of weight loss. This is a Jump Start for the New Year. Designed to help clean up your diet so you will feel more energetic and works toward flushing toxins along with hard to rid of fat. Included in this New Year Diet are a list of Superfoods that have been reported to cure everything from lethargy to cancer. Make foods enzymes and vitamins, minerals, essential nutrients and proteins all work together to build up your health and give you that weight loss you have always wanted. Ways to hydrate your body at the cellular level to flush toxins that in turn assist you in your weight loss. Use the New Year Diet to Jump Start your weight loss goals for 2013 and get off that plateau. Learn why your weight gain isn't all your fault. What has...



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