



Dr. Kaplan's Lifestyle of the Fit & Famous

By Eric Scott Kaplan

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Dr. Kaplan's Lifestyle of the Fit & Famous By Eric Scott Kaplan

An expert in sports nutrition shows readers how to lose weight, improve their health, and increase their energy through changing their consumption of fat and carbohydrates and using exercise to remove sugars from the body, thereby altering their metabolism.

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Dr. Kaplan's Lifestyle of the Fit & Famous By Eric Scott Kaplan Bibliography

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