

Can A Low Carb Diet Help You Avoid Trans Fats?

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Can A Low Carb Diet Help You Avoid Trans Fats?

By Lee Dobbins

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low carb living

Some Straight Talk About Low-Carbohydrates and Your Health

By Rick Trojan

Possible Adverse Physical Effects

Planning The Ultimate Diet

<mailto:entz-well1320@mailster.com>

Web Site ->

<http://www.watkinsonline.com/ricktrojan>

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entz-entz132@mailster.com

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