



## "Eat This, Lose That"

*Dr Kota J Reddy*

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# "Eat This, Lose That"

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**"Eat This, Lose That"** Dr Kota J Reddy

Written by Dr. Reddy, this guide explains in great detail, but simple language, how your body functions, how the foods you eat affect you, and what foods you should and should not eat to help reverse or control Diabetes and Heart Disease and get your weight under control. This book has been critically acclaimed by ALL his patients and everyone who has purchased the book loves it.

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