

*A frustrated dieter's way of taking fat off ...
A registered dietitian's way of keeping it off*

THE DUCT TAPE DIET

*For the woman who wants heads to turn again...
For the man who wants the vigor of his youth*

CAUTION—CARBS / CALORIES // CAUT

**Leonard Malysz
Theresa Malysz, RD**

The Duct Tape Diet

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