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JJ Virgin's Sugar Solution Walking Tour (Sugar Impact Diet)

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JJ Virgin's Sugar Solution Walking Tour (Sugar Impact Diet) J.J. Virgin
This four CD audio series expands on the information in JJ's Sugar Impact Diet book. JJ walks you through the program just like she would if you were her one to one client. She coaches you through each cycle of the program and answers the most commonly asked questions. JJ will entertain and educate you with her stories, strategies and science so that you will know exactly what you need to do be successful on the program. It includes 4 audio CDs: Setting Up for Success, Cycle 1: Taper, Cycle 2: Transition from a Sugar Burner to a Fat Burner and Cycle 3: Trans- 1 formed! on how to stay low Sugar Impact for life! I

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