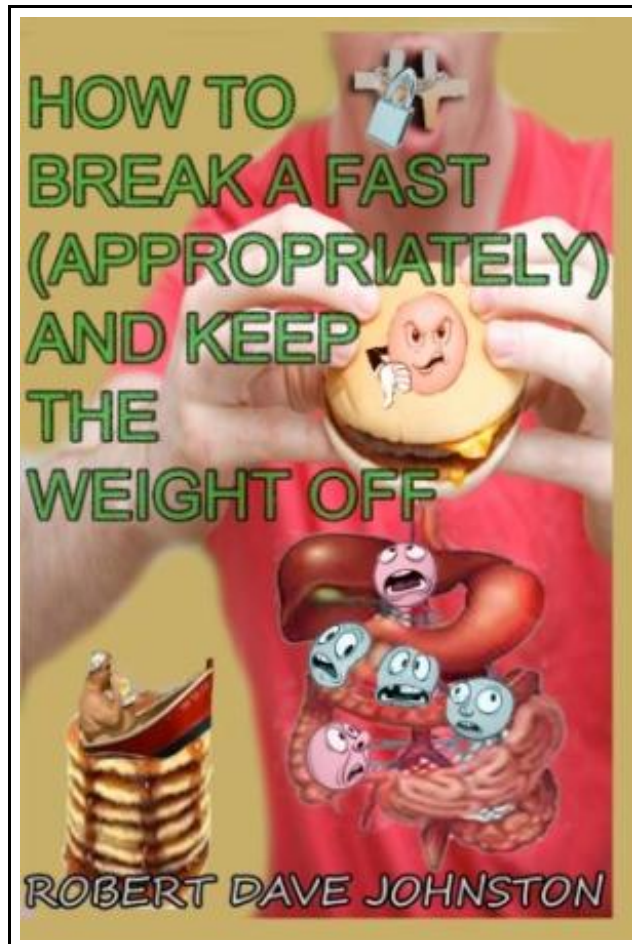


## How to Break a Fast (Appropriately) and Keep the Weight Off



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