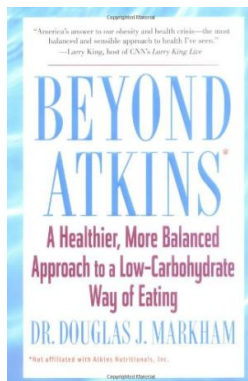


## Beyond Atkins: A Healthier, More Balanced Approach to a Low Carbohydrate Way of Eating



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