

"Naturally Slim and Powerful reveals the special nutritional needs of a woman's body. It is a manual for losing weight while enhancing a woman's well-being."

From the foreword by **JOHN GRAY, PH.D.**,
author of Men Are from Mars, Women Are from Venus

Naturally Slim and Powerful

The Natural Way to Boost
Serotonin Without Drugs
Lose Weight Without
Losing Your Mind

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