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A Natural Guide to Weight Loss That Lasts

TRADITIONAL CHINESE MEDICINE

**TAKE OFF TWELVE POUNDS
AND EIGHT INCHES IN SIX
WEEKS THE DRAGON'S WAY™**

Discover the powerful ancient
secrets of healthy weight loss

- The magic of ten simple Qigong energy movements
- The eating for healing plan to strengthen your Qi
- TCM's unique program for harmonizing your whole body

NAN LU, O.M.D., M.S., L.Ac.
with Ellen Schaplowsky

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Yan Bai



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