

A top-down view of a person's feet standing on a white Salter brand kitchen scale. A yellow sticky note is placed over the central dial, which shows a weight of approximately 8.5 kg. The note has the handwritten text "Lose weight now!". The brand name "SALTER" is visible on a grey button below the dial.

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# Lose Weight Now

**Bettina Newman, R.D., David  
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