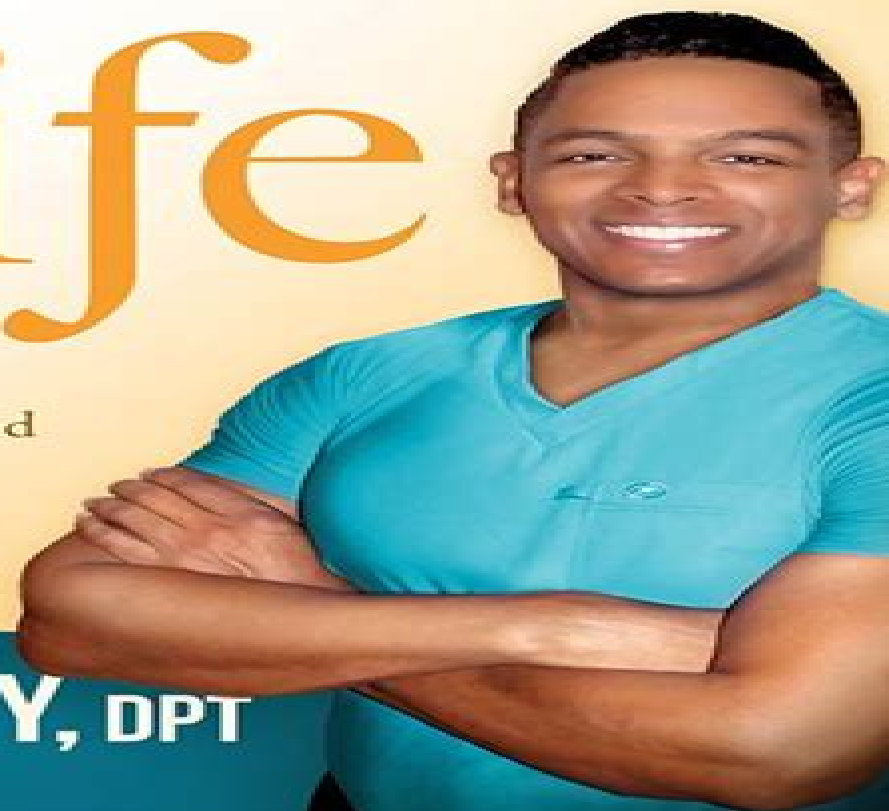


# FAT FREE *for* Life

**13** Principles *for* Guaranteed  
*Weight Loss*  
and ULTIMATE HEALTH

**BRAXTON COSBY, DPT**  
Cohost of *Ask the Fat Doctors*



# Online Fat Free Life Principles Guaranteed

**B Lingard**



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