

What exactly did you gain from

from your previous diets?

## Probably a few extra pounds.

You've been lied to. The quick fix, 3 day, 5 day, 7 day diets, low fat, high fat, no sugar, bad fats, liquid diets, losing weight while you sleep all sound too good to be true. These methods are just making weight loss harder and you larger. A healthy diet and exercise is still the best way to lose weight. Try The CUUR\* Plan to help make dieting and exercise easier.

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Valerie Waters, top A-list celebrity trainer, recommends CUUR\*