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Richard F.; Heller, Rachael F. Heller**

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Authors of The Carbohydrate Addict's LifeSpan Program and The Carbohydrate's Addict's Diet, husband and wife physicians Richard and Rachel Heller have now compiled a

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I've been using this program for about three months. I've lost five pounds, according to the chart on which I keep the record of my weight, in a weekly average.

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