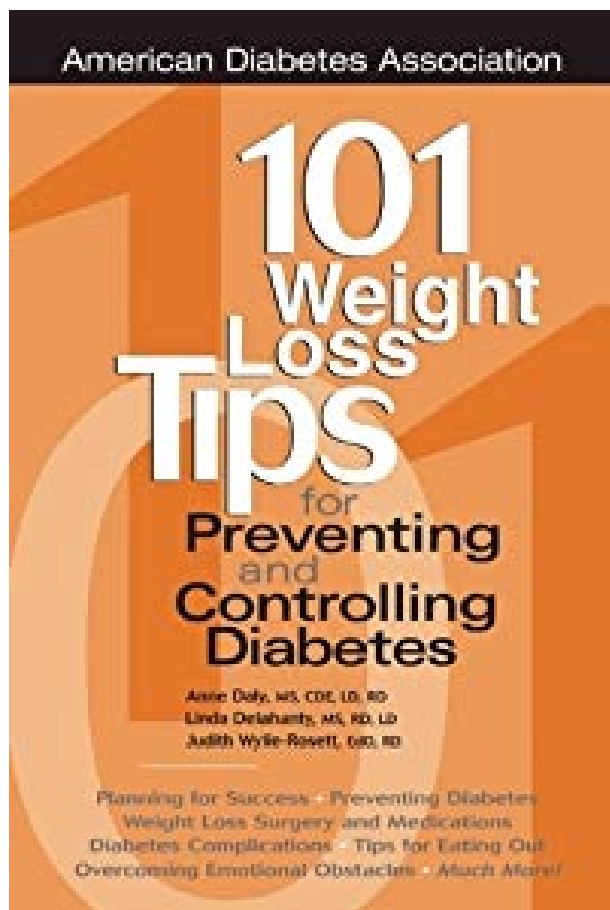


# 101 Weight Loss Tips for Preventing and Controlling Diabetes



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Learn how to stop sabotaging your own weight-loss efforts and how to burn calories like crazy. Get the world's best tips on weight loss and overcoming the obstacles to losing weight, eating right, and exercising.