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Diet And Weight-loss Plan From America's Top Urgent-
care Doctor By Travis Stork**

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Travis stork (author of the doctors diet book) -

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Travis Stork, M.D., host of TV s The Doctors, and Peter Moore, editor of Men s Health, wrote The Lean Belly Prescription for a simple, scary reason: belly fat kills.

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His six-week plan is a radical new approach to shrinking your belly for good, without any need for long workouts, miles of running, or strict, unnatural diets that

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Travis Stork, ER doctor and star of The Doctors, knows the important role healthy eating plays in staying disease-free. He co-authored The Lean Belly Prescription to

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The Lean Belly Prescription, by Travis Stork, MD. His six-week plan is a radical new approach to lose that belly, without any need for long workouts, miles of running

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In The Lean Belly Prescription by Dr Travis Stork, the urgent-care physician focuses on methods of losing visceral fat - adipose tissue that surrounds internal organs.

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