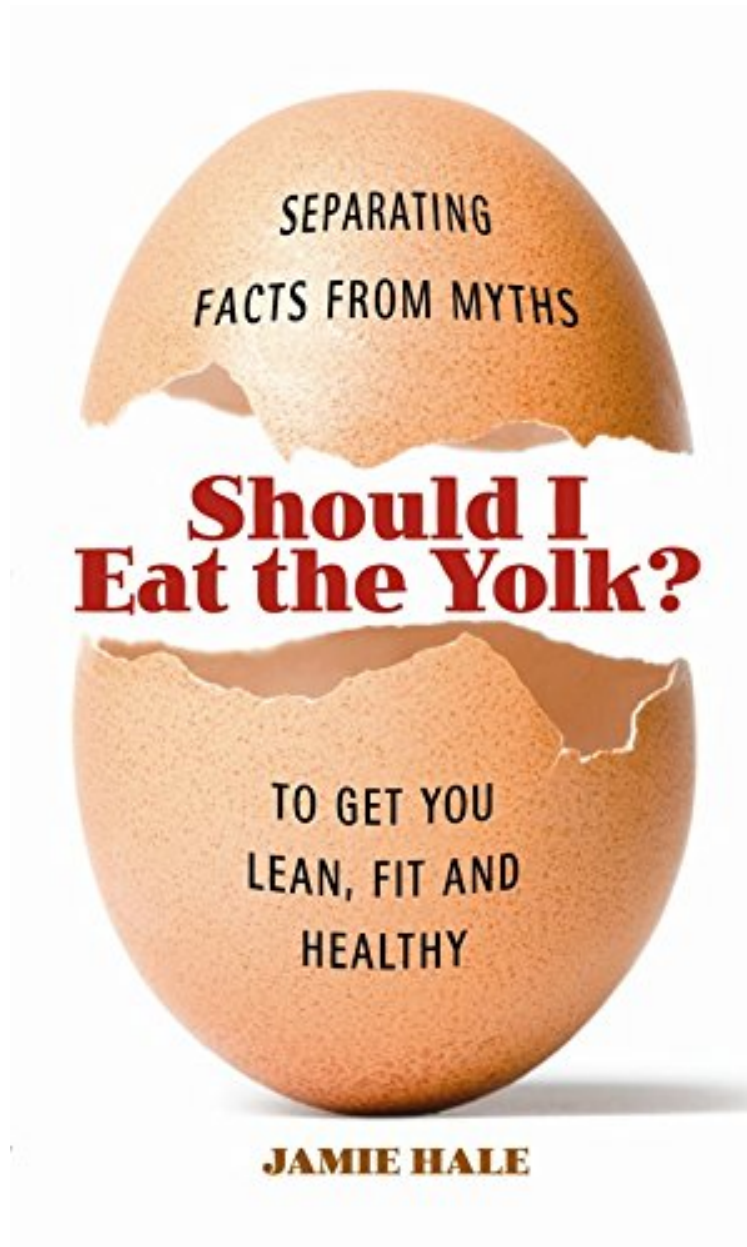


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Should I Eat the Yolk?: Separating Facts from Myths to Get You Lean, Fit, and Healthy



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high-protein diets increase the risk of coronary heart disease? Are all calories created equal? Will performing sit-ups shrink my waistline? Will exercise get rid of cellulite? Does calcium intake enhance weight loss? Is bottled water safer to drink than tap water? Does eating grapefruit speed up fat loss?