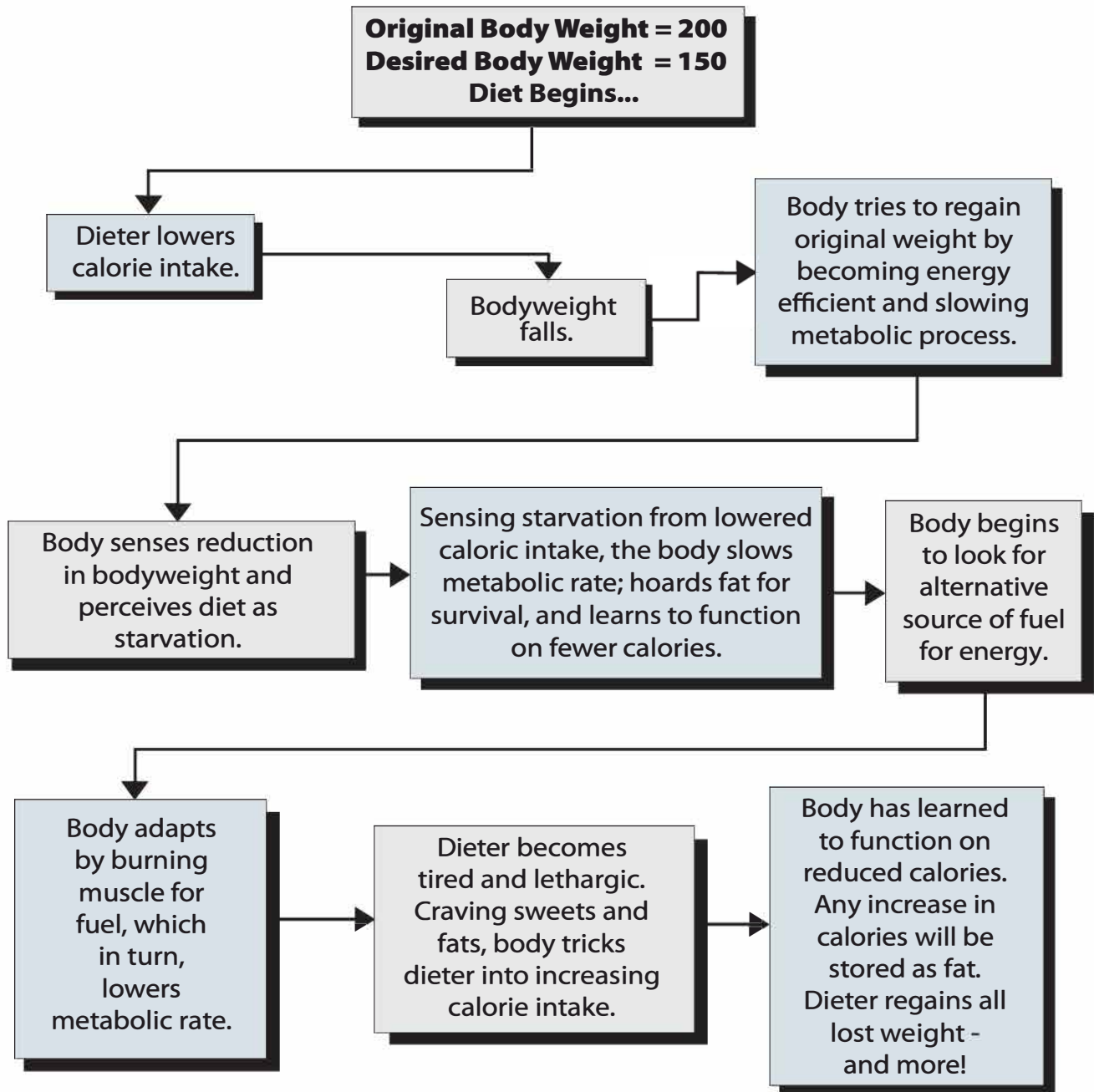




# The Master's Club

Fitness & Lifestyle Wellness

## Your Body's Defense Mechanism Against Dieting or Starvation



This is the unavoidable result of "restricted calorie" diets!

# Yo-Yo Dieting