



The Glutton's Diet : Can I be a glutton and lose weight?

Hello, my name is Dean and I love gorging on big meals, I love drinking wine and I love being lazy... but two years ago I was 50 pounds overweight because of this!

Today I still love gorging on big meals, I still love drinking wine and I still don't exercise for weight loss, but I'm now 50 pounds lighter and I'm healthier and happier than ever!

How?

With The Glutton's Diet, I'm going to share with you the true story of what I discovered by



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