



Through Thin and Thinner: 30 Days Pro Ana Diet

Charity Martin

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My 30 days diet works to quickly and effectively get rid of fat. No suspicious diets that seem too good to be true. No laborious exercises that eat up your entire day. No exotic “secret ingredients” that cost an arm to buy. No fancy machines that cost an arm AND a leg to buy. No chemical components to muck up your body’s natural functions. Just 100% natural stuff you can make from the comfort of your own home.

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