

MAGAZINE OF THE WEEK



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HEALTHY LIFESTYLE

SuperFastDiet is an exciting new magazine centered on a break-through phenomenon in international weight loss: part-time dieting.

It is packed with information and guidance, showing readers everything there is to know about the easiest, most popular three methods of intermittent fasting, plus over 50 delicious local recipes, positive mindset advice, superfoods and loads more to result in the most modern, user friendly weight loss plan that is so much fun.