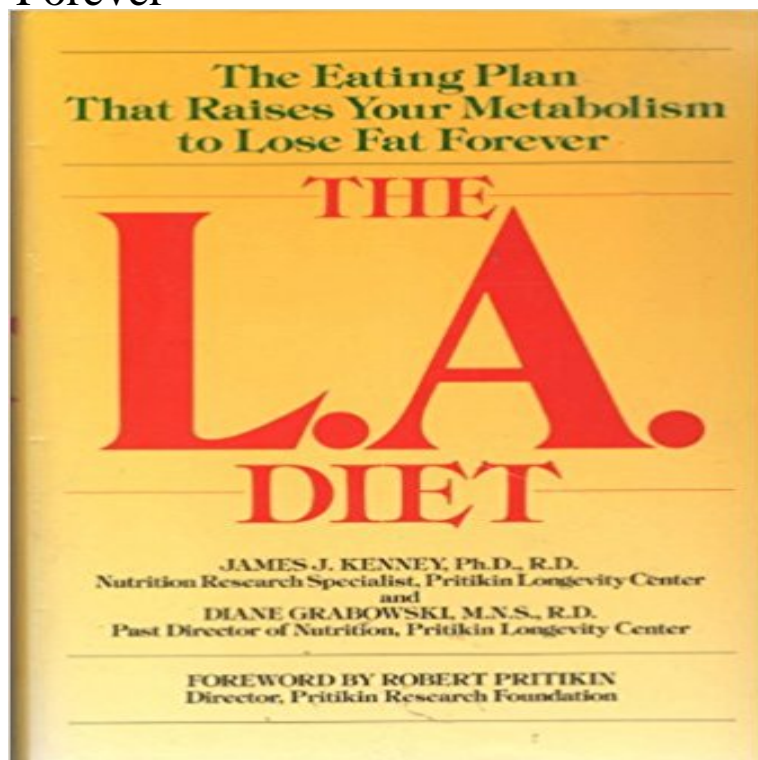


# The LA Diet: The Eating Plan That Raises Your Metabolism to Lose Fat Forever



Unlike diet fads, The L.A. Diet introduces eating patterns that speed up ones metabolism to lose fat forever. By eating six or seven smaller meals per day, the bodys metabolic mechanism is constantly generating heat, thereby lowering the body weight setpoint for body fat.

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