



# The T-Factor 2000 Diet: The Best Diet Ever, Now Made Better

*Martin Katahn, Jamie Pope*

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The revolutionary low-fat, metabolism-boosting diet now revised and expanded! New research has yielded vital information about how the body burns fuel (good!) or stores it in fat cells (bad!), and on how one's body-type responds to various kinds of exercise. The T-Factor Diet has been proven successful--and now it's better than ever!

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