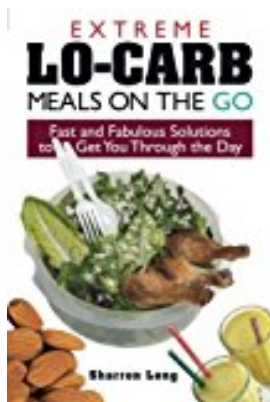


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Sharron Long is a mother of three and the author of other lo-carb titles. She writes articles and monthly columns for www.locarbeating.com

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