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Granny's Diet for Kids (GRANNY'S DIET SERIES)

L. D. Ford

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L. D. Ford : Granny's Diet for Kids (GRANNY'S DIET SERIES) before purchasing it in order to gage whether or not it would be worth my time, and all praised Granny's Diet for Kids (GRANNY'S DIET SERIES):

'Think about it! Who knows more about weight than someone who has helped thousands keep the weight off for a lifetime?' GRANNY'S DIET is the only diet that keeps the weight off for a lifetime. Overweight and obese kids from the ages of one to twelve require the most complex and varied approach to losing excess weight and keeping it off. Primarily because of their unpredictable eating behavior they almost never follow a pattern of eating which can be managed unless they adhere to the Granny's Diet for Kids guidelines.