

The Viva Mayr Diet 14 Days To A Flatter Stomach And A Younger You

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The Viva Mayr Diet 14

Rebel is working out with trainer Jono Castano and using the Mayr Method to lose weight. Rebel Wilson's "Year of Health" paid off in a big way. The Pitch Perfect star lost more than 60 ...

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Rebel Wilson's 'Year Of Health' May Be Over, But She Looks ...

That's why the program's medical director, Dr. Harald Stossier, coauthored The Viva Mayr Diet: 14 Days to a Flatter Stomach and a Younger You. The book shrinks Dr. F.X. Mayr's century-old philosophy down to a comprehensive, two-week-long diet plan. Not Your Average Diet