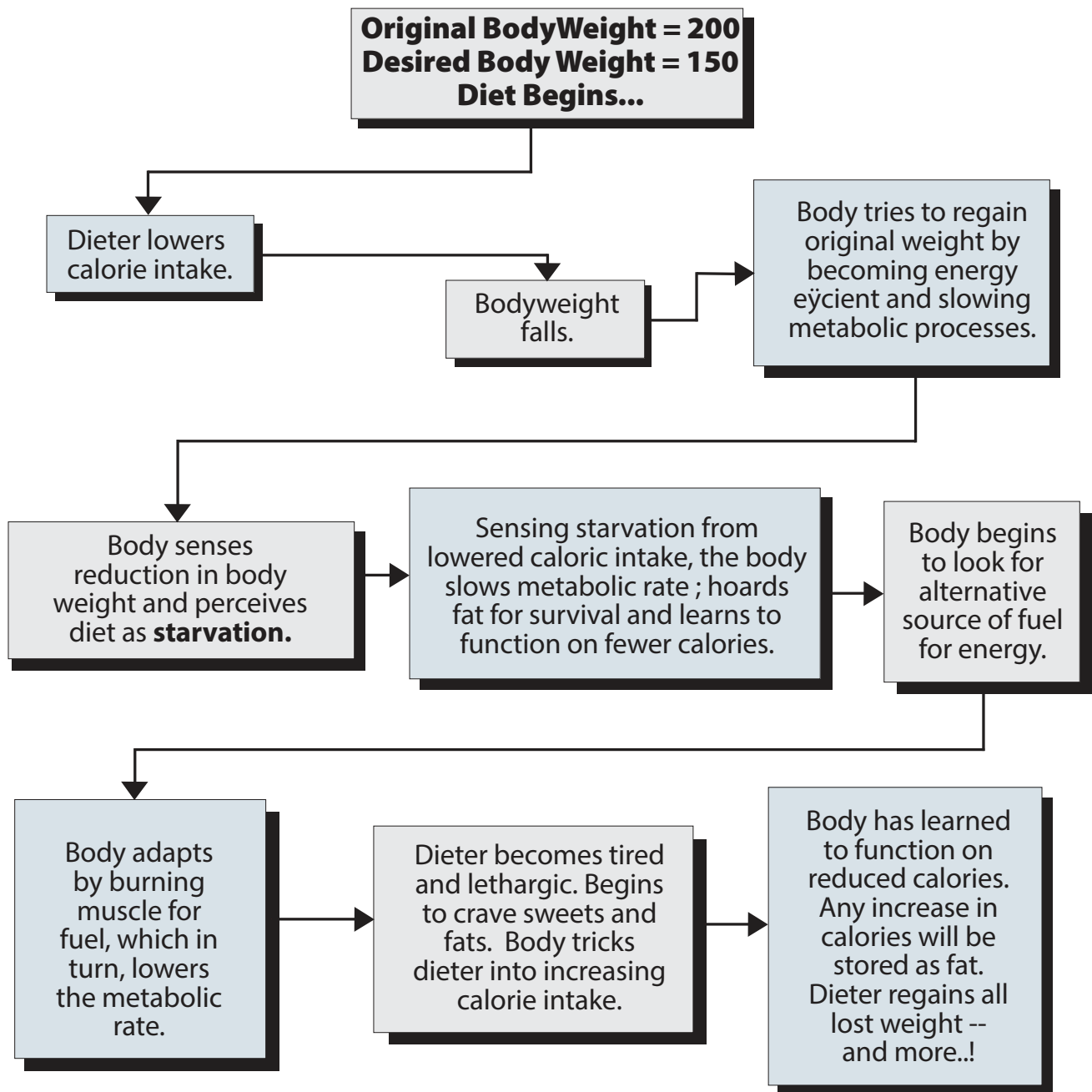


## Your Body's Defense Mechanism Against Dieting or Starvation



**This is the unavoidable result of "restricted calorie" diets!**

# Yo-Yo DIETING!