



# THE CODE RED REVOLUTION

CRISTY  
"CODE RED"  
NICKEL

How Thousands of People are Losing Weight and Keeping it Off  
WITHOUT Pills, Shakes, Diet Foods, or Exercise

Cristy - Code Red - Nickel

## The Code Red Revolution: How Thousands of People are Losing Weight and Keeping It Off WITHOUT Pills, Shakes, Diet Foods, or Exercise



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IMAGINE IF Everything You' ve Been Taught About Losing Weight Is Wrong



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