

Lose Weight With [didwelopeweight.com](http://www.didwelopeweight.com)

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Losing weight is a great goal, but unless you have something else to motivate you, what's to keep you going if the scale doesn't budge. Losing weight is one of the most common recommendations that doctors make. Losing weight, the facts that surround the issue and how losing the 5 pounds feels so much harder than gaining them:. Weight cycling increases the risk of gallstones, according to a new report from the Health Professionals Follow-up Study. Losing weight plateaus are a fact of life for most dieters. Go to www.didwelopeweight.com to know how to lose weight.

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