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# WEIGHT LOSS & RECREATION Weight Loss Programme

2 Bottles Of CONTREX Water Daily In The Room Half Board With Buffet Or Menu. Meals Are Prepared With The Freshest Seasonal Produce, Which Are Rich In Vitamins And Help With The Body's Detoxification. Homemade Food Is Steam Cooked Or Grilled, And We Use Greek Recipes, Along With Extra Virgin Olive Oil, Which We Produce Locally. Special Diet Or May 3th, 2024

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Orange 9.To Curb Sugar Cravings: Peppermint, Slim And Sassy, And Grapefruit. Use Cin-namon And Cardamom To Help Balance Blood Sugar. 10.When Hitting A Plateau: Geranium, Cilantro, And Apr 6th, 2024

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