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Sure they give that you a quick jolt of energy but then their real effects are felt when they start to wear down your adrenal glands, disrupt your blood sugar, and create a huge crash after instantly high.
Laxative Herbs: These herbs will allow you lose weight by inducing diarrhea in you.
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Robin asbell | chef, author, instructor

Robin Asbell is a chef, author and instructor. She has written six books including: Gluten Free Pasta, Sweet & Easy Vegan, Big Vegan and more.