The Secret To Skinny: How Salt Makes You Fat, And The 4-week Plan To Drop A Size And Get Healthier With Simple Low-sodium Swaps

Tammy Lakatos Shames Lyssie Lakatos

5 Easy Ways to Detox after a Thanksgiving Day Binge
Healthier with Simple Low-Sodium Swaps. You can get more energy and beauty. The Secret to Skinny: How Salt Makes You Fat, and the 4-Week Plan to Drop a Size & Get Healthier with Simple Low Sodium Swaps. The Secret to Skinny: How Salt Makes You Fat, and the 4-Week Plan to Drop A Size & Get Healthier with Simple Low Sodium Swaps. THE SECRET TO SKINNY: How Salt Makes You Fat, and the 4-Week Plan to Drop a Size and Get Healthier with Simple Low-Sodium Swaps by Tammy Lakatos.