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Pasternak, Harley. The 5 Factor Diet. Des Moines, IA: Meredith Books, 2006. Pasternak, Harley, with Laura Moser. The 5-Factor World Diet. New York:

Harley pasternak - new balance

Harley Pasternak Minimus 00 5-Factor Diet, The 5-Factor World Diet, Harley is a Toronto native and currently resides with his wife and daughter in Los Angeles.

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celebrity trainer and nutritionist Harley Pasternak has searched the world to add a little variety and The 5-Factor World Diet takes the 5-Factor principle

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Author of the bestselling 5-Factor Diet , Pasternak is a fitness trainer and nutritionist to big-name celebrities like Halle Berry, and Jessica Simpson. Accompanying

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