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Harley Pasternak, M.SC., is a books include 5-Factor Fitness, 5-Factor Diet and The Body Reset Diet. Harley's titles have attained U.S. News

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

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5- factor world diet - diet review

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Harley Pasternak, M.Sc., is one of America's most sought-after diet and fitness experts. Harley's latest book, The 5-Factor World Diet (Ballantine,

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Celebrity trainer and nutritionist Harley Pasternak holds a Master of Science in 5-Factor Diet, The 5-Factor World Harley is a Toronto native and

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Harley Pasternak has worked with stars of song and stage for years, aiding them with weight loss and maintenance. (5 factor diet from harley)

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About harley | harley pasternak

HARLEY PASTERNAK, M.SC. Celebrity trainer and nutritionist Harley Pasternak holds a Master of Science in Exercise Physiology and Nutritional Sciences from the

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Celebrity Trainer Harley Pasternak Dishes About Food. by Fitness 3/19/10 What are some of your favorite meals from the 5 Factor World Diet? HP: Gosh,

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