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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,

Testing the trainers: harley pasternak s five

The Top 10 Holiday Diet celebrity trainer Harley Pasternak and his Five Factor Fitness and credentials in the personal training world!

Harley pasternak | aol features

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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How the 5 Factor Diet Works. The 5 Factor World Diet was developed by personal trainer to the stars, Harley Pasternak. Pasternak s list of distinguished clients

The 5- factor world diet (book, 2010)

The 5-factor world diet. [Harley Pasternak; Laura Moser] -- "The 5 factor world diet takes the 5-factor principles -- five meals a day, five core ingredients,

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The 5- factor world diet by harley pasternak, m.sc

Following on the heels of his hugely popular blockbuster, *The 5-Factor Diet*, celebrity trainer and nutritionist Harley Pasternak has searched the world to add a

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and who can't live without the 5-Factor Diet. Said to be the Diet Plan of Choice for the *Dancing with the Stars* Celebrities celebrity diets; Jennifer

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The 5 Factor Diet has 160 ratings Celebrity trainer and diet expert Harley Pasternak, author of *5-Factor* Harley Samuel Pasternak is a Los Angeles

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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

Recipe from celeb trainer harley pasternak's five

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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,

5- factor world diet - diet review

The 5-Factor World Diet is a another book in Harley Pasternak and Laura Moser's bestselling 5-Factor series. Harley Pasternak is a renowned fitness expert with a

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"The 5-Factor World Diet" incorporates the best foods and nutritional habits from ten of the world's healthiest countries. The international diet secrets of the world

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The 5-Factor World Diet goes where no diet has gone before! Harley takes the best of global nutrition and gives it back to us in an accessible and delicious package.

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The 5-factor world diet: harley pasternak m.sc.,

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

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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The 5- factor world diet (book, 2009)

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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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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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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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