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alcohol, drugs and weight gain or loss: what the research says - All of these symptoms cause people to eat less and begin to lose weight [4]. This deters the development of alcohol abuse and addiction patterns, as well as the on commonly abused drugs that negatively impact people's lives and health. . memory problems that may become permanent if a prolonged period of drug

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weight management - wikipedia - Weight management is a long-term approach to a healthy lifestyle. It includes a balance of healthy eating and physical exercise to equate energy expenditure and energy intake. Developing healthy eating habits while using tips that will keep us fuller Firstly, protein has a greater thermogenic effect than carbohydrates and fat,

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