

**reiki diet lose weight pdf**

Yo-yo dieting or yo-yo effect, also known as weight cycling, is a term coined by Kelly D. Brownell at Yale University, in reference to the cyclical loss and gain of weight, resembling the up-down motion of a yo-yo. In this process, the dieter is initially successful in the pursuit of weight loss but is unsuccessful in maintaining the loss long-term and begins to gain the weight back.

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