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This section gives details about talks I have given lately. I generally upload my slides for my presentations to <http://slideshare.net/vances> so there you get recent ...

Publications and Presentations by Vance Stevens

My parents and siblings are morbidly obese. When I had bariatric surgery in 2003, I had reached my high of 319. Of course the weight fell off, but began to creep back on over the years.

MEALS FOR LOSING WEIGHT- Week 1 Super Suppers!

Looking to learn how to make beef jerky with a dehydrator? Look no further! Here you will learn everything you need to about making amazing tasting beef jerky for you, your friends, and family using a home dehydrator. Trust me, your friends and family will find out that you are making jerky... There are plenty of dehydrators on the market. I use either my Nesco Snackmaster Pro Food Dehydrator ...

How to Make Beef Jerky with a Dehydrator | Jerkyholic

Compared with starving oneself for months or years to lose weight, using the potato hack is a whole new kind of dieting experience. The "HCG diet" uses drops or injections of a human hormone that allow the participant to eat very few calories without feeling hunger. Many people who have tried both the HCG diet and the potato hack have told me that the potato hack has the same effects as ...

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