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Set for release in January 2009, the Chopstick Diet is a new recipe book by Japanese author Kimiko Barber available to pre-order now on Amazon.

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London- based Japanese woman claims that the Asian secret to staying slim is by eating with chopsticks, Kimiko Barber s Chopstick Diet . telegraph.co.uk.

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The Chopsticks Diet is one of the latest nutritional fads, centered around eating healthy Japanese food with you guessed it chopsticks. Author Kimiko Barber

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