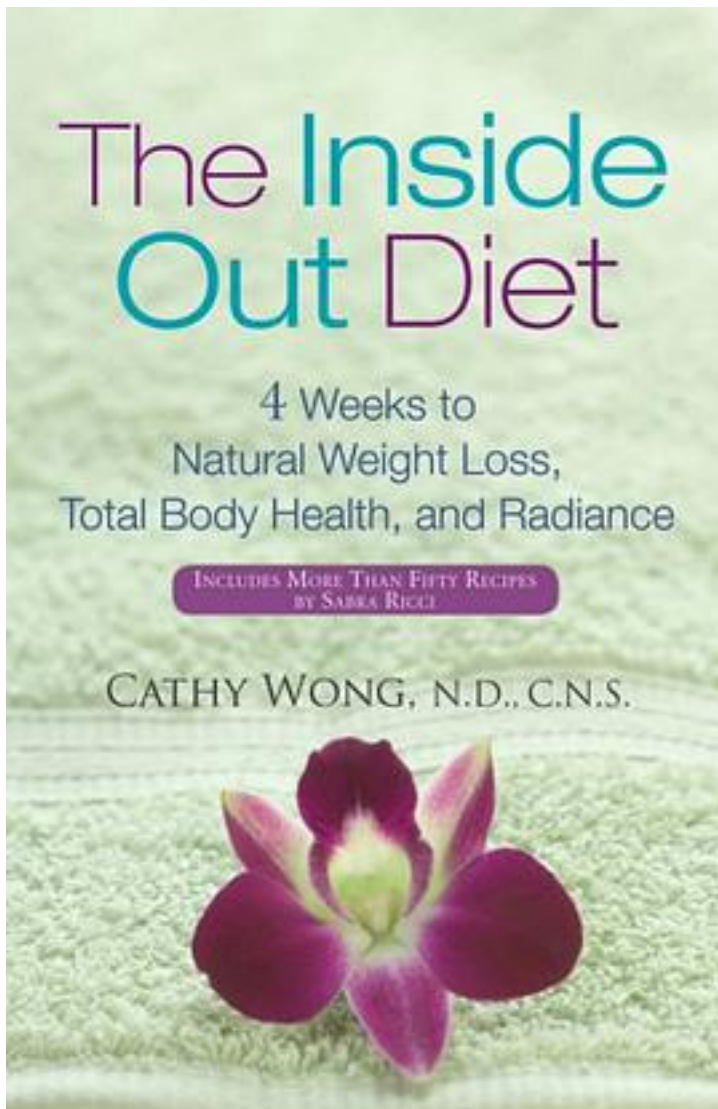


The Inside-Out Diet



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著者:Cathy Wong

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The Inside Out Diet

"A gem of a book, full of helpful information."

--Frank Lipman, M.D., author of Total Renewal: 7 Key Steps to Resilience, Vitality, and Long-Term Health

"I've been a fan of Dr. Cathy Wong for a long time, and if you haven't discovered her yet, this terrific book is a great way to do it. The three-step plan is on the money and the book is a rich source of information about food, detoxification, spices, weight control, and general health--a great addition to your library."

--Jonny Bowden, Ph.D., C.N.S., iVillage Weight Loss Coach, and author of The 150 Healthiest Foods on Earth

"The Inside-Out Diet is an excellent approach to natural weight loss and radiant health in a well-balanced manner."

--Joshua Rosenthal, M.Sc.Ed., founder and director of The Institute for Integrative Nutrition

Say good-bye to weight-loss woes with this practical approach to eating from leading naturopathic doctor and nutritionist Cathy Wong. Her easy-to-follow plan helps you achieve productive, safe, and permanent weight loss the enjoyable way, with no fasting, strange foods, or colonics required. You don't have to permanently give up coffee, meat, wheat, or dairy foods, either!

Drawing on the latest nutrition and health research, she shows how a healthy, high-functioning liver is the key to getting slimmer. You'll learn how to be picky about your proteins and leverage the power of the purple protectors (purple or red vegetables), the right whites (white or light green vegetables), and other foods to gently detoxify the body, support liver function, and drop those extra pounds for good.

With four weeks of meal plans and more than fifty delicious recipes from successful chef-to-the-stars Sabra Ricci, you're well on your way to losing weight and feeling great, both inside and out!

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