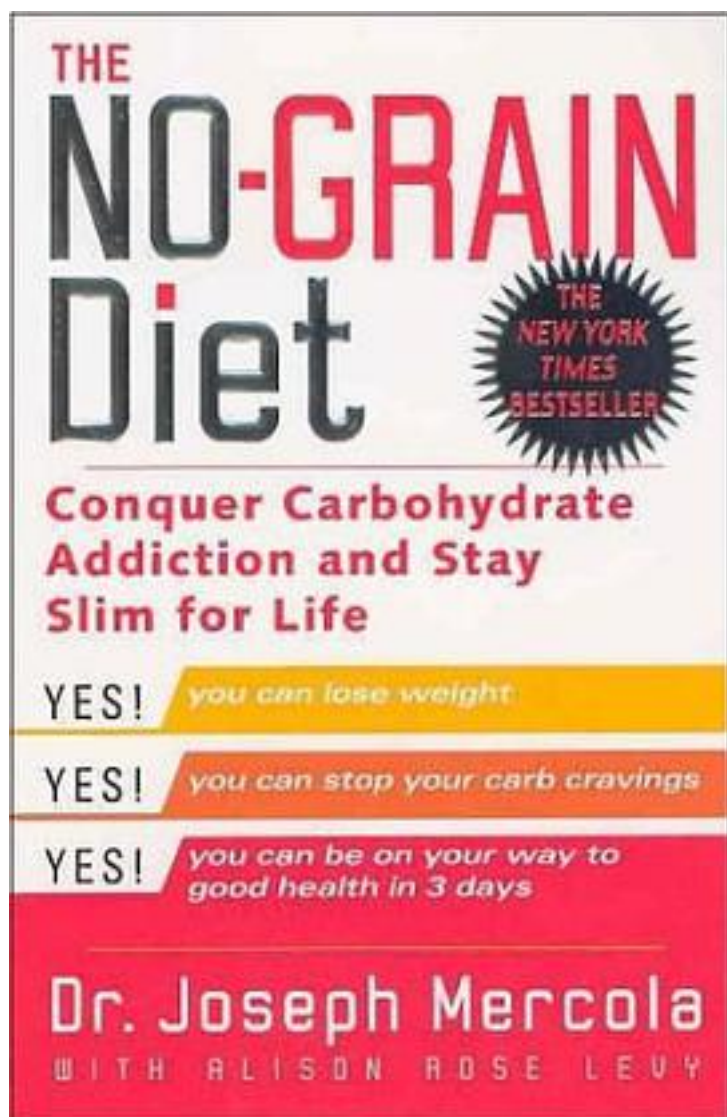


# The No-Grain Diet



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著者:Mercola, Joseph

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In *The No-Grain Diet*, Dr. Joseph Mercola, the director of the Optimal Wellness Center in Illinois, teaches readers how to lose weight-and keep it off-and end carb cravings once and for all.

With a revolutionary new approach, Dr. Mercola will have readers on the road to good health in just three days with an easy-to-follow plan that rids the body of grains, sweets, and starches. Readers also learn how to normalize cholesterol levels and learn Dr. Mercola's Emotional Freedom Technique, a craving-busting tool that will permanently eliminate carbohydrate cravings and addictions.

Watch the pounds come off and achieve the next level of health, fitness, and well-being with *The No-Grain Diet*. AUTHORBIO: Dr. Joseph Mercola is an osteopathic physician and director of the Optimal Wellness Center outside of Chicago. Trained in both alternative and traditional medicine, he has served as the chairman of the family medicine department at St. Alexius Medical Center for five years.

作者介绍:

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