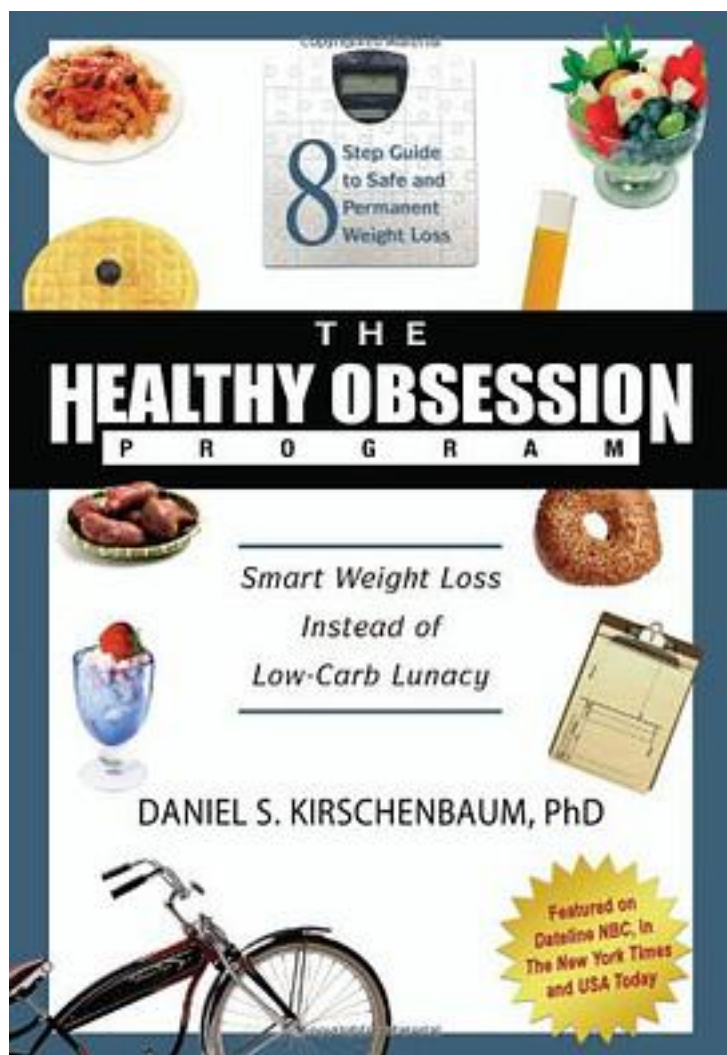


# The Healthy Obsession Program



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著者:Kirschenbaum PhD, Daniel S.

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Seeking to dispel the myths surrounding low-carb diets, this instructional guide reveals the flaws in logic behind such eating methods while helping weight watchers develop a healthy and satisfying lifestyle. With both short- and long-term research indicating that consuming excess fat and protein increases the chance of heart disease, osteoporosis, cancer, and liver and kidney diseases, this book provides readers with an alternative weight-loss program that has a proven track record. Based on the principles of monitoring all foods eaten, watching the fat content of each meal, and exercising—no less than 10,000 steps a day—this guide allows readers to understand that the biological forces they are up against in their desire to lose weight are not necessarily their destiny.

作者介绍:

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