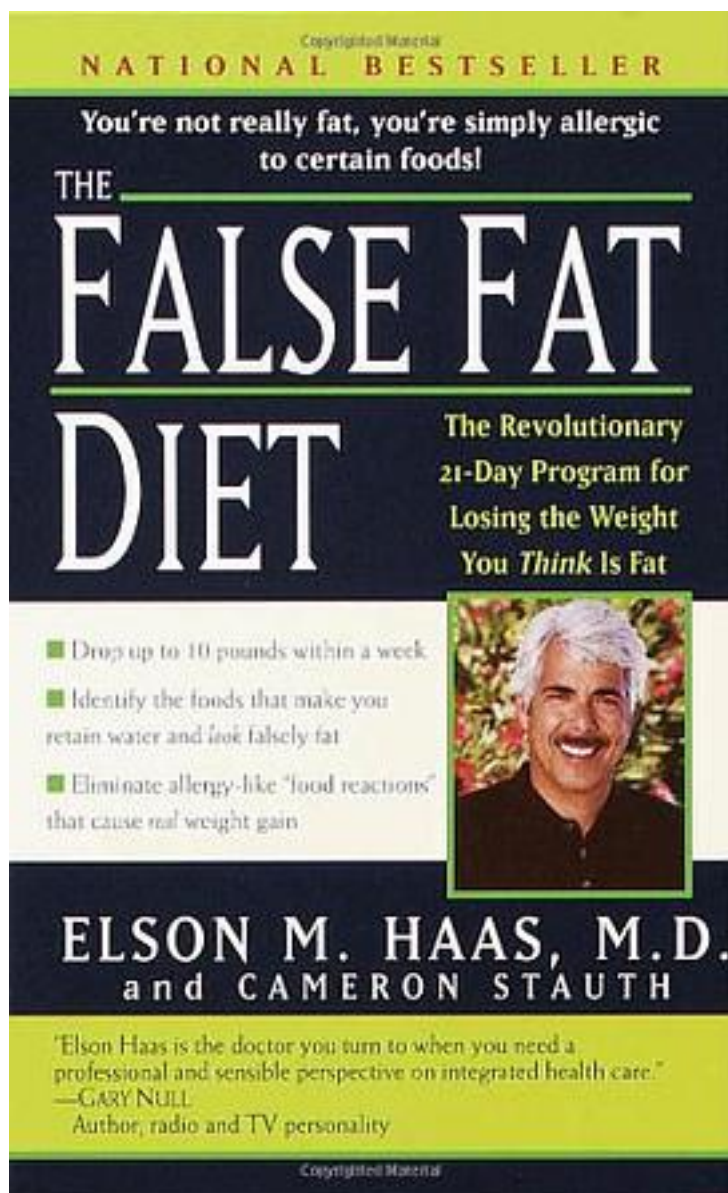


The False Fat Diet



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It's a fact: not all weight is really fat. Much of being overweight is caused by allergy-like food reactions. This "false fat" is easy to put on, but it can be hard to take off. Now you can do it--this week--with the revolutionary False Fat Diet. In just a few days, you can lose 5-10 pounds--and 10-20 pounds within two or three weeks. This healthy, practical 21-day nutritional program includes

- Identifying which foods you react to--and replacing them with the right foods for your body chemistry

- False Fat Week--the amazing 7-day period when your swelling and puffiness subside, as you lose ten pounds

- The Balance Program--a personally customized diet that returns your metabolism to normal, and takes pounds off steadily as you reach your ideal weight

- Delicious, easy-to-prepare, reaction-free recipes, created with popular, health-conscious chefs, that don't drastically cut calories the way other diets do

This scientific, no-hunger, individualized regimen is the only diet that can work for everyone.

作者介绍:

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