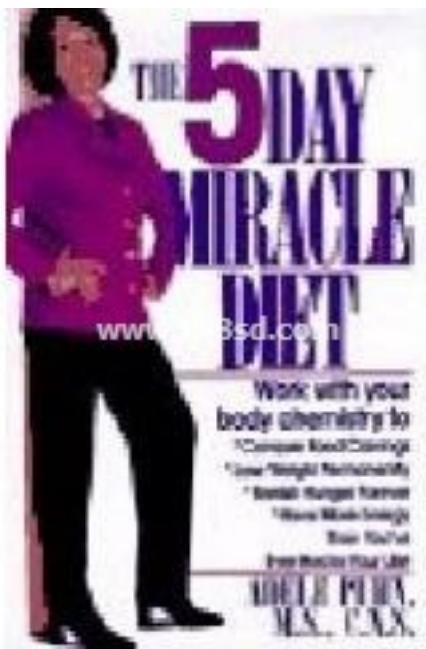


5-Day Miracle Diet



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著者:Puhn, Adele

出版者:Ballantine Books

出版时间:1997-3

装帧:Pap

isbn:9780345419989

EVER FEEL LIKE YOU NEED A MIRACLE TO LOSE WEIGHT?

Well, the miracle is here! You've seen Adele Puhn on The Gordon Elliott Show and Day & Date delivering the good news: You don't need willpower; you do need a program that is medically safe, is nutritionally sound, and promises astounding results by taking away your urge to overeat. That's The 5-Day Miracle Diet .

Adele tells you exactly which foods to eat at what times, a simple plan that will regulate your blood sugar and keep it stable all day long. When you're in "good blood sugar," your cravings disappear--a process that takes just five days! And not only will you lose your cravings, you'll steadily melt away pounds while feeling more energized, mentally

focused, and healthier than ever before. So toss out your food pyramids, low-fat cookies, and carbo-packed meals. And throw away words like willpower, motivation, and urges. Adele Puhn's program works with your body, not against it, to bring you fabulous results--the weight loss you've always wanted, easier than you ever dreamed possible.

"ADELE PUHN'S HIGH-ENERGY EATING REGIME WAS SIMPLE AND ENABLED ME TO SUSTAIN EIGHT PERFORMANCES OF HAMLET A WEEK." --Ralph Fiennes

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