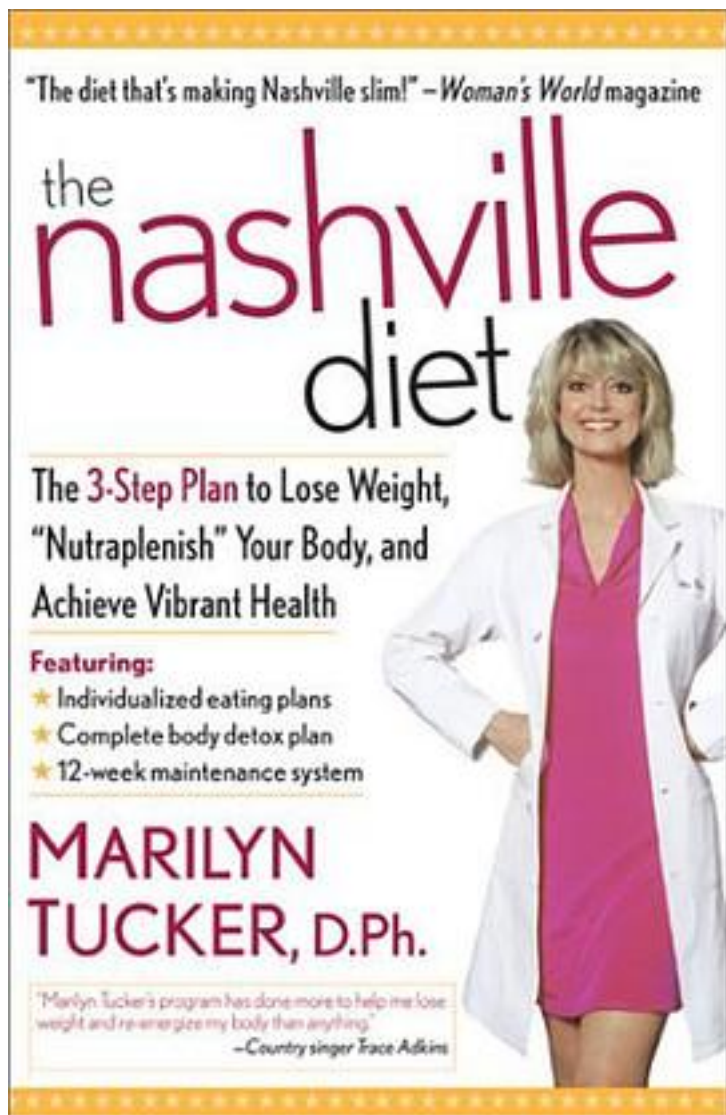


# The Nashville Diet



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著者:Tucker, Marilyn

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We are a population growing fatter by the year, says Tucker, "The reason we are overeating is we are all actually starving." Tucker knows what she's talking about. Nearly incapacitated by chronic fatigue syndrome and fibromyalgia five years ago, Tucker, a pharmacist herself, developed a 3-step dietary program to restore her health and strength. What she didn't anticipate was that the program would also normalize her appetite, eliminate uncontrollable cravings, improve her digestion, and help her drop five sizes. Now Marilyn Tucker is taking the diet world by storm. In recent years, countless clients - and quite a few Nashville stars - have used her program to do the same thing. The heart of Tucker's program is a concept she calls "nutrient packing." Identify and consume the proper nutrients, clean out the toxins, and your body will naturally restore itself to its optimum health and weight. The plan combines multivitamins with antioxidants, and offers a variety of programs that are tailored to different body types. The Nashville Diet features individualized eating plans, a revolutionary body detox plan, and a comprehensive Maintenance Management System.

作者介绍:

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