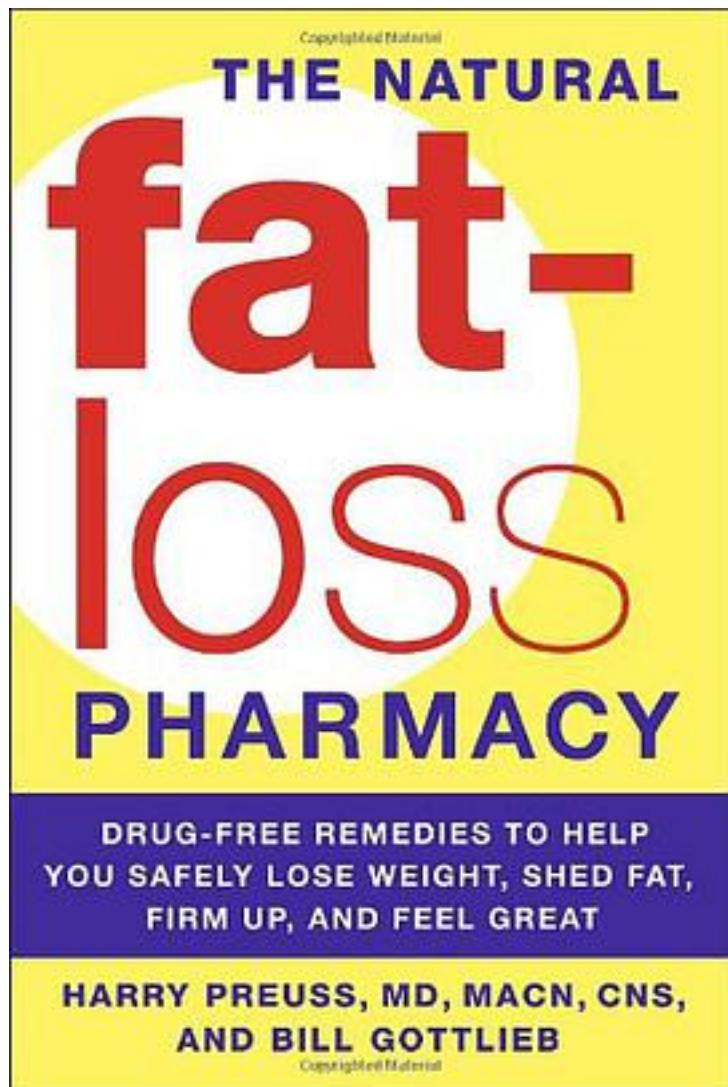


# The Natural Fat-Loss Pharmacy



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Finally, information about weight loss supplements that isn't based on hype or hope, but on scientific fact!

Written by Harry Preuss, MD, a doctor and university-based researcher, and Bill Gottlieb, former editor-in-chief of Rodale Books, this is the first and only reliable guide to the nutritional supplements and herbs that can safely and effectively help you lose weight and keep it off. You'll learn how to:

Speed fat burning—with green tea extract

Lose fat and build muscle without dieting or exercise—with CLA (conjugated linoleic acid)

Stop weight regain—with MCT (medium-chain triglycerides)

Reduce carbohydrate cravings—with 5-HTP

Balance blood sugar for easier dieting—with chromium

Block the absorption of excess starch and sugar—with white kidney bean extract and L-arabinose

Get off a plateau, where pounds don't seem to budge—with HCA (hydroxy citric acid)

Turbo-charge fat-burning exercise—with HMB (hydroxy methylbutyrate) or BCAA (branched-chain amino acids)

You'll also read about the weight-loss supplements that aren't likely to work or are possibly unsafe. You'll find a customized program to help you pick the one or more supplements that are right for you. And you'll discover an easy-to-follow, no-diet food plan for controlling calories, and a simple, no-sweat approach to physical activity for long-term weight control.

作者介绍:

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