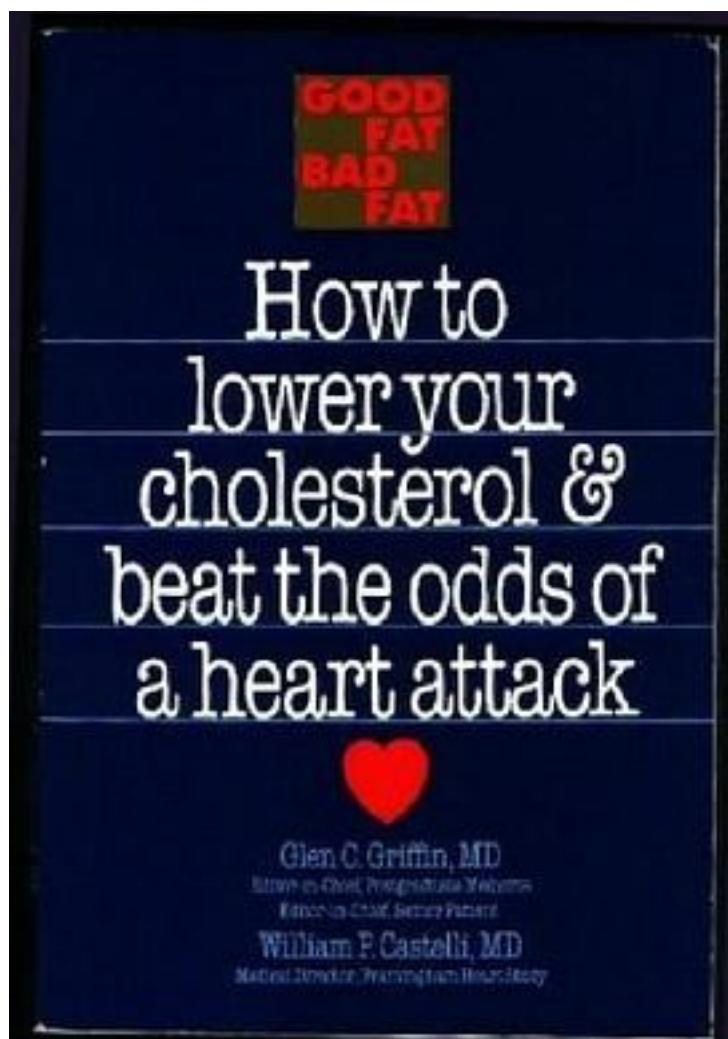


Good Fat Bad Fat



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Ould Have Been D.O.A.
arly killed me!
~ere finishing this booki¼¢ I beat

the odds of a
-just barely! A few years agoi¼Œ when I found
Ly own problem with bad fati¼Œ I wanted to
:) eat without worsening my condition. But
 1 learnedi¼Œ the more mind-boggling things
ith the skimpy information availablei¼Œ it
I would need a full-time personal mathema-
;ourmet dietician. I definitely needed better
a simpler system than anyone explained to
>~cumenting everything I ate for monthsi¼Œ I
bring down my sky-high triglycerides. I
mm every day and had frequent cholesterol
Castelli and I got our heads together. In the
followedi¼Œ we came up with a simple way to
ed fat while eating enjoyablymand almost
book.
blem was that all this didn't happen soon
mown to anyonei¼Œ major obstructions had al-
J in two of my coronary arteries. I was a mas-
tack waiting to happen!
y clue was that after running a couple of
i¼Œ chest started feeling a little tight. I kept
as iust \"out of shade.\" I should have known

作者介绍:

目录:

[Good Fat Bad Fat_ 下载链接1](#)

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