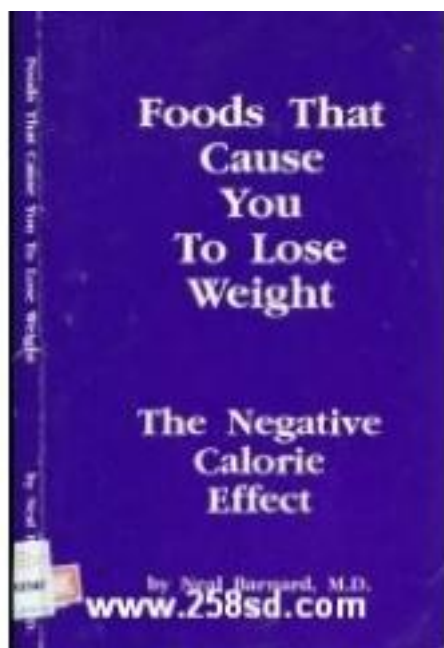


Foods That Cause You to Lose Weight



[Foods That Cause You to Lose Weight 下载链接1](#)

著者:

出版者:

出版时间:

装帧:

isbn:9781882330003

Book Description Did you know that certain foods have an incredible negative calorie effect that actually melts fat? This revolutionary approach, outlined by Neal Barnard M.D., and proven effective by thousands of men and women wh have tried it, can bring about the permanent weight control every diet promises but seldom delivers.Find out how, by following the negative calorie plan, you can:Boost your metabolic rateBurn calories more effectivelyLower dangerous cholesterol levelsEnjoy better health--and protect your heartEat the delicious foods you love--in the quantities you wantWatch the pounds disappear--without stressful dieting or the temptation to bingeDelicious Negative Calorie Recipes Included. --This text refers to the Mass Market Paperback edition. About the Author Neal Barnard, M.D., is a physician and long-time advocate for preventive medicine, higher standards in research, and

improved access to medical care. In 1985, he founded the Physicians Committee for Responsible Medicine, a non-profit organization based in Washington, D.C. As president of PCRM, he has called for sweeping reform of federal nutrition policies. Dr. Barnard is the editor-in-chief of Good Medicine, PCRM's quarterly magazine and has published editorials in The Washington Post, Medical World News, Physicians' Weekly, USA Today, The San Francisco Examiner, and scientific publications. He is the author of several books on health and nutrition. --This text refers to the Mass Market Paperback edition.

作者介绍:

目录:

[Foods That Cause You to Lose Weight_ 下载链接1](#)

标签

评论

[Foods That Cause You to Lose Weight_ 下载链接1](#)

书评

[Foods That Cause You to Lose Weight_ 下载链接1](#)