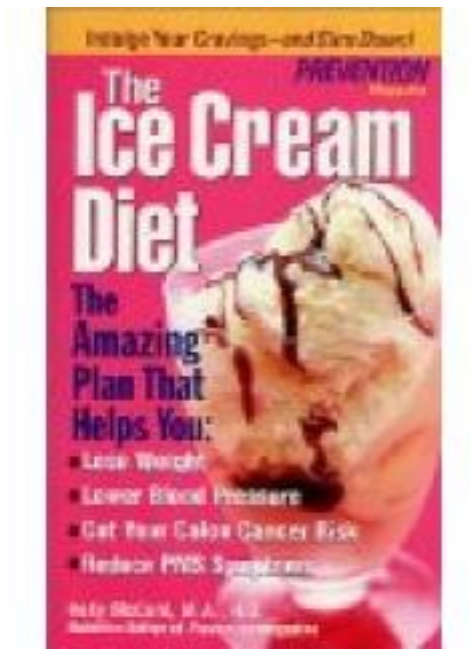


The Ice Cream Diet



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著者:

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Indulge your cravings-- and slim down! The amazing plan that helps you: * Lose weight * Lower blood pressure * Cut your colon cancer risk * Reduce PMS symptoms You can eat ice cream-- and lose weight! Yes, it's true! New evidence shows that following Prevention's The Ice Cream Diet can help you shed those unwanted pounds more effectively than other popular diets. Furthermore, the calcium found in ice cream helps reduce symptoms of PMS-- such as bloating, cramps, and muscle tension-- cuts your risk of colon cancer, and can even lower high blood pressure. So go ahead and have your milkshakes, hot fudge sundaes, and banana splits. With The Ice Cream Diet, you can drop the guilt and the weight! Discover: * Delicious and fun recipes * Super-easy meal plans * A day-to-day diet you can stick to-- even when you're eating out * The nutritional scoop on your favorite brands

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