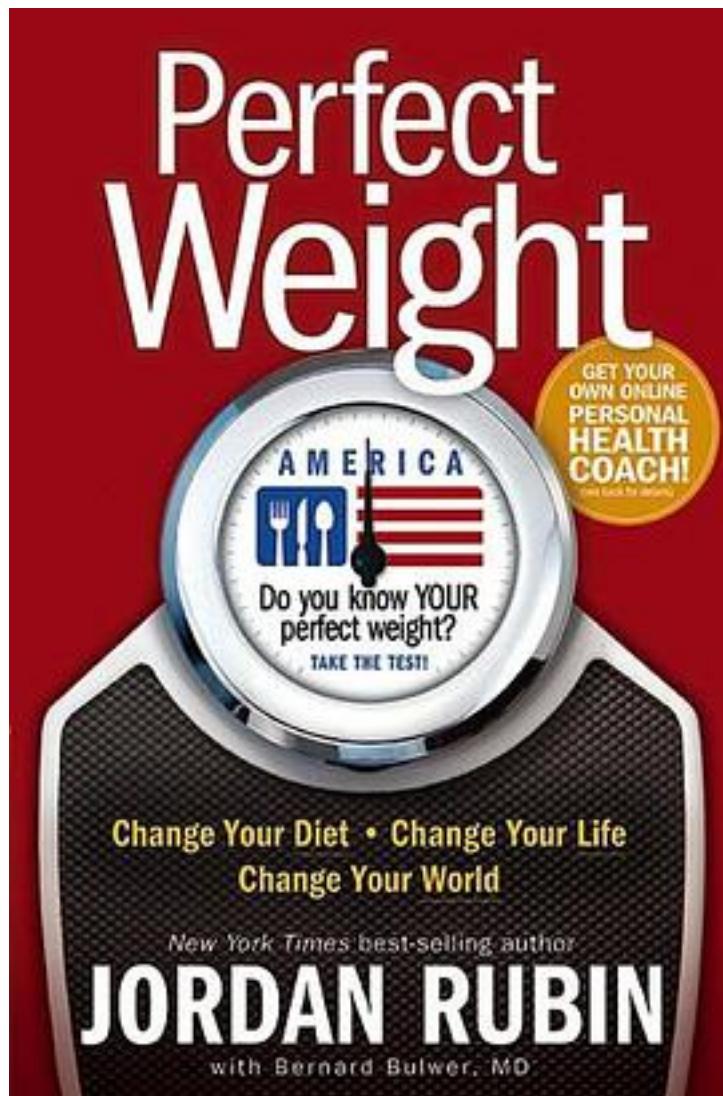


Perfect Weight America



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著者: Rubin, Jordan/ Bulwer, Bernard, M.D.

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The author of the New York Times' best seller The Maker's Diet is back with an approach to weight management that addresses the whole person: body, mind, emotions, and spirit. As our obesity statistics reach epidemic rates, American want information that will help them stay healthy and feel great. Jordan Rubin presents the answers in this holistic approach that will help readers: ? Eat for their body type, age, gender, and region. ? Maximize nutrients while reducing calories. ? Eliminate toxins inside and outside the body. ? Learn simple steps to live a green lifestyle. ? And much, much more.

作者介绍:

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