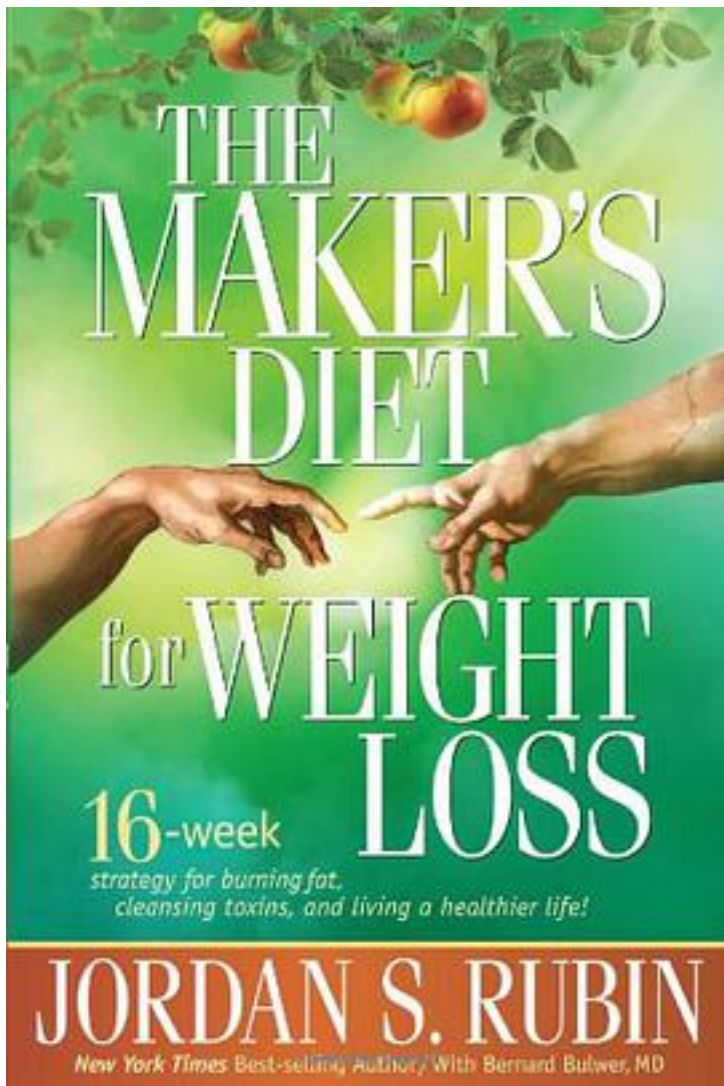


The Maker's Diet for Weight Loss



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著者:Jordan S. Rubin

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Everyone has an ideal weight. It may not be what you weigh right now, but somewhere inside, there is a perfectly sized YOU just waiting to be revealed Join New York Times best-selling author Jordan Rubin as he shows you how to discover your ideal weight and refocus your lifestyle toward attaining it. Based on the New York Times best seller The Maker's Diet, The Maker's Diet for Weight Loss presents a 16-week program to help readers achieve a healthy weight. With solid medical advice from Bernard Bulwer, MD, an advanced clinical fellow at one of the premier teaching hospitals at Harvard Medical School, this book presents a holistic approach to weight loss 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 step to live a green lifestyle, and much more

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