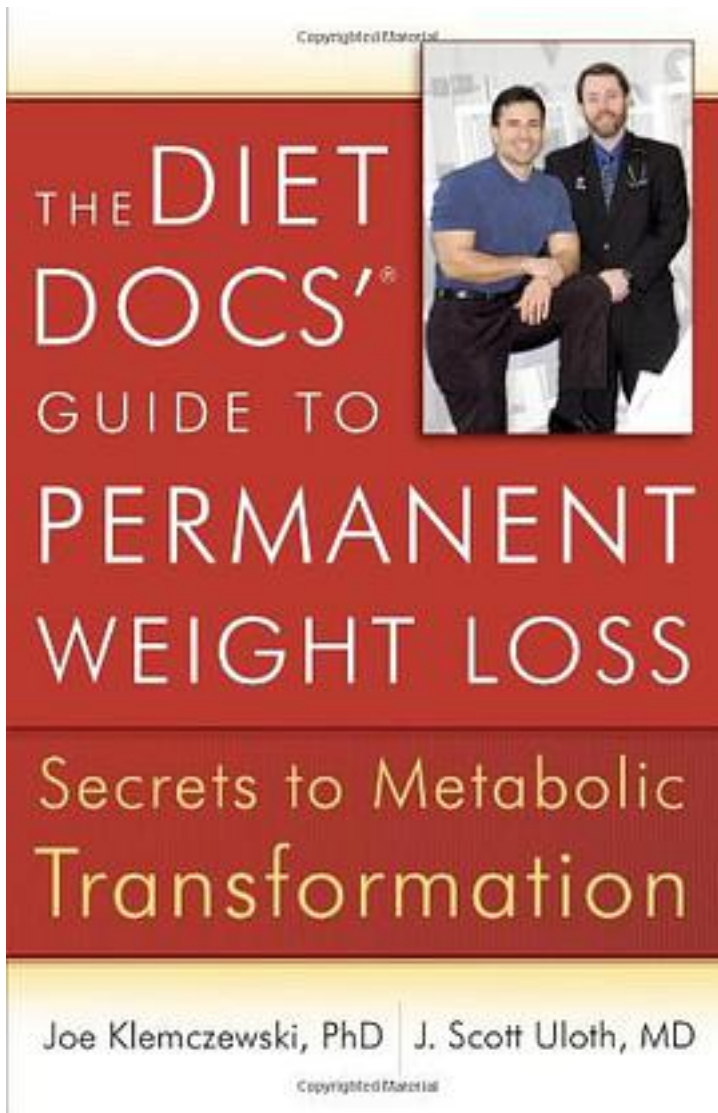


The Diet Docs' Guide to Permanent Weight Loss



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Diet books have become a genre unto themselves as people anxious to shed those extra pounds seek that one perfect plan. Oh sure, they've found such a plan before...in fact, several times before, as they shed unwanted weight...only to gain it back within a few months. It's frustrating following a diet only to end up failing in the end - losing that same twenty pounds over and over again. But now Drs. Scott Uloth and Joe Klemczewski put an end to yo-yo dieting by giving their readers what they need most: control! The "Diet Docs"[registered] plan brings complex metabolic physiology within the grasp of the average reader. It is a plan...with over ten years of clinical success; field tested on everyone from housewives to professional athletes; that's "attainable and sustainable"; easily implemented with no complicated formula to decrypt; combining the latest scientific information and how to apply it; and, that encourages the reader to become their own nutritionist. This is the last diet book anyone will need...written by a family physician and a professional bodybuilder and nutritionist to the world's top bodybuilders and women's figure competitors.

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