

El Plan Panza Plana!



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"Prevention "magazine is the country's most authoritative, trustworthy, and innovative

source for practical health, nutrition, and fitness information. Now, its editors offer the weight loss plan that's specifically designed to target the number-one trouble spot: belly fat. For women over 40, belly fat is incredibly stealthy and difficult to lose. It contributes to a higher risk of heart disease, diabetes, and chronic illness more than any other type of fat on the body. Finally, science has helped uncover a key dietary weapon in the fight against belly fat: Monounsaturated fatty acids, or MUFAs, help dieters lose weight--in their bellies specifically--and keep it off longer. A group of test panelists who followed the program had amazing results, with one woman losing 15 pounds and 10 inches in just 32 days.* With this groundbreaking eating plan, readers will learn about: - the Flat Belly foods--what they are and how to eat them - mind tricks for every meal--the plan features a precise strategy to mentally commit to the life and body-changing transformation - 7 other ways to prevent midlife weight gain--tips on reducing stress, sleeping more deeply, and more "El Plan panza plana "leads readers step by step, day by day, meal by meal, toward a flatter belly . . . and a longer, healthier life.

作者介绍:

目录:

[El Plan Panza Plana! 下载链接1](#)

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书评

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