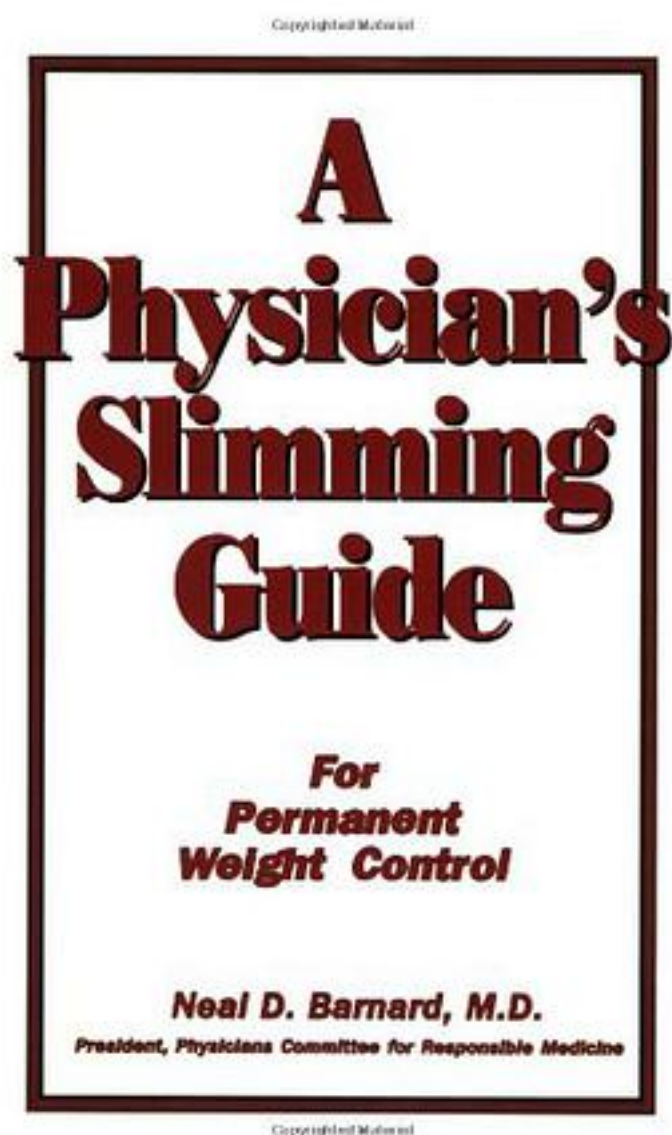


Physician's Slimming Guide



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著者:Barnard, Neal D.

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Offering a different approach from standard diets, this book shows how to lose fat and keep it off, how to increase metabolic rate through food selection, choose foods that are nutritious and not calorie-dense, and introduces new methods to burn calories more effectively.

作者介绍:

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