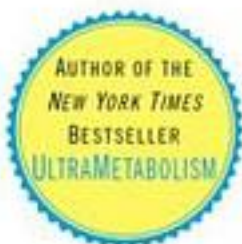


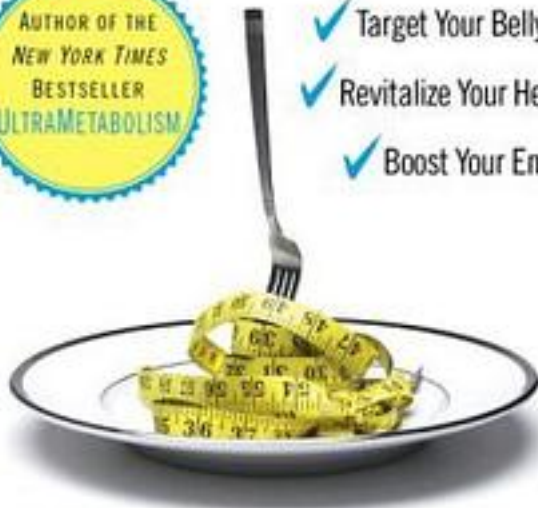
The UltraSimple Diet

KICK-START YOUR METABOLISM AND
SAFELY LOSE UP TO 10 POUNDS IN 7 DAYS

THE ULTRASIMPLE DIET



- ✓ Target Your Belly Fat
- ✓ Revitalize Your Health
- ✓ Boost Your Energy



MARK HYMAN, M.D.

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IF YOU NEED TO LOSE WEIGHT FAST, BUT DON'T WANT TO DAMAGE YOUR HEALTH AND ARE TIRED OF HEARING PEOPLE TELL YOU TO JUST "EAT LESS AND EXERCISE MORE," THEN YOU NEED THE ULTRASIMPLE DIET Mark Hyman, M.D., the medical expert whose groundbreaking UltraMetabolism was a smash New York Times bestseller, now reveals an accelerated plan for quick, safe, and healthy weight loss--as much as 10 pounds in one week. Inside you'll find:

- a simple 7-day weight loss plan to revitalize your health, boost energy, and lose weight
- detailed instructions for exactly what to do each day--no thinking, guessing, testing, or wondering--all straight forward and something anyone can do
- precise instructions for what foods to eat, what foods to avoid, recipes, supplements, and stress reduction--exercise is optional!
- The solution to the #1 problem most dieters have: how to keep the weight off for good.
- exercise routines to suit even the busiest schedule
- pages for journal entries and checklists

The UltraSimple Diet is grounded in 21st century science and medically proven through years of testing on thousands of Dr. Hyman's patients. seven days from now, you could weigh up to ten pounds less, have revitalized energy and health, and both feel and look fantastic, all by simply trying THE ULTRASIMPLE DIET Join the ultrasimple diet community at www.ultrasimplediet.com/join.

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