



## Diet Supplements Dietary AIDS to Lose Weight

By Karen a Macmurray

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Few people are happy with their image and their weight. As the saying goes, you cant be too rich or thin. Many of us spend years trying one weight-loss scheme after another. The hype by the manufacturers gets us excited to try the next new "magic bullet" that will solve our problem of the extra pounds. We all know that eating a healthy diet and exercises is key to maintaining a healthy body, but today most of us have jobs and families and responsibilities that often mean we end up eating processed packaged unhealthy food with too many carbohydrates and lacking the energy to go to the gym to work out. Dietary Supplements and Dietary Aids to Lose Weight is written by a librarian and a dieter who wanted to know the truth about what is out there. What really works based on real human trials, not what works in test tubes or in studies sponsored by manufacturers wanting to make sales. 61 supplements are looked at impartially and references are provided so anyone can...



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