



No White Diet

By Paul Array

Booksurge Publishing, United States, 2007. Paperback. Book Condition: New. 226 x 180 mm. Language: English . Brand New Book ***** Print on Demand *****.Why is this Diet type book different? I m going to show you how to read those food labels, tell you what food to buy, even bring you to the grocery store. Secondly, I am going to teach you in plain english how the digestive system works, explain why you haven t been able to keep the weight off in the past and show you how to stop those hunger cravings. Do you need a diet plan, portion controls, three exact meals a day, a calorie counter, food supplements, a person watching you weigh yourself each week? NO. You are more intelligent than that. Diet plans don t work because they are diets: They are made for the short term. What this book is about - is a change. A lifestyle change. You will learn how to change old habits, make new healthy choices, enjoy delicious foods, even fast foods, without portion controls. Foods that will fill you up but still allow you to lose weight faster then most diets.Wait till you see my recipes! The Bonus...



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