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Food Rules for Weight Loss Dieting: Perfect Health Begins with Perfect Food an End to Dieting

By David Fry

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Food Rules for Weight Loss Dieting: Perfect Health Begins with Perfect Food an End to DietingThe Fastest Way to Lose Weight is to Play by the RulesThe real key to losing weight seems such a mystery to many people. They try numerous fad diets that do nothing but make them put on more weight in the long run. Food Rules for Weight Loss Dieting explains what it is that needs to be done to modify the diet so that weight loss can occur. It also explains how this diet should be maintained to stop the individual from regaining the weight that was lost. More and more persons are beginning to realize that food rules do help when it comes to maintaining the ideal weight and getting all the nutrients for the body to function properly. This book will outline how a diet should really be set up. It will also focus a bit on accelerated weight loss programs. In addition to that the reader gets to learn about various diets and how they work, the 1000 calorie diet and the...



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