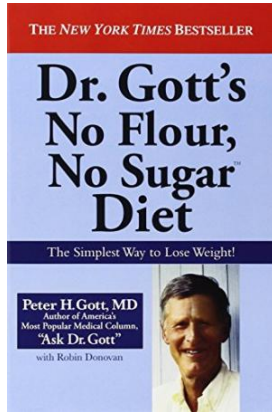


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Wellness Central. Paperback. Book Condition: New. Paperback. 208 pages. Dimensions: 8.8in. x 6.0in. x 0.6in. During his 40 years of medical practice and in his nationally syndicated newspaper column, Dr. Gotts patients and readers have continually asked him for a way to lose weight that is both simple and foolproof. In response, he developed the No Flour, No Sugar diet which has prompted countless weight loss success stories from his patients, thousands of letters from readers of his column raving about...

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