



The False Fat Diet: The Revolutionary 21-Day Program for Losing the Weight You Think Is Fat

By Elson Haas, Cameron Stauth

Random House USA Inc, United States, 2001. Paperback. Book Condition: New. Reprint. 165 x 104 mm. Language: English . Brand New Book. It s a fact: not all weight is really fat. Much of being overweight is caused by allergy-like food reactions. This quot;false fatquot; is easy to put on, but it can be hard to take off. Now you can do it--this week--with the revolutionary False Fat Diet. In just a few days, you can lose 5-10 pounds--and 10-20 pounds within two or three weeks. This healthy, practical 21-day nutritional program includes - Identifying which foods you react to--and replacing them with the right foods for your body chemistry - False Fat Week--the amazing 7-day period when your swelling and puffiness subside, as you lose ten pounds - The Balance Program--a personally customized diet that returns your metabolism to normal, and takes pounds off steadily as you reach your ideal weight - Delicious, easy-to-prepare, reaction-free recipes, created with popular, health-conscious chefs, that don t drastically cut calories the way other diets do This scientific, no-hunger, individualized regimen is the only diet that can work for everyone.



READ ONLINE
[2.1 MB]

Reviews

A top quality publication along with the font used was intriguing to read. I really could comprehend everything using this written e book. Its been designed in an remarkably straightforward way and it is only after i finished reading through this publication by which basically altered me, modify the way i believe.

-- **Cathrine Larkin Sr.**

Very useful to all of group of people. I actually have read through and so i am certain that i will planning to study yet again once again down the road. I am just very easily can get a satisfaction of looking at a created book.

-- **Mark Bernier**