

# Pritikin weight loss breakthrough - five easy steps to outsmart your fat instinct

**Dutton - The Pritikin Weight Loss Breakthrough: 5 Easy Steps to Outsmart Your Fat Instinct: Pritikin, Robert: vivchar.tom.ru: Books**



Description: -

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Weight loss. Pritikin weight loss breakthrough - five easy steps to outsmart your fat instinct  
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In a study of 268 guests, 83% lowered their blood pressure enough to leave the Pritikin Program off medication. My husband suggested that I go to the Pritikin Longevity Center in Florida.

**9780525943303**

Robert Pritikin reveals why it is so difficult for even the most health conscious to stay on diets that avoid foods high in fat and cholesterol. For over 20 years, THE PRITIKIN PROGRAM FOR DIET AND EXERCISE by Nathan Pritikin has set the standard for people wanting to eat healthier, citing the healthy intake of grains, vegetables, and fruits, while avoiding foods full of fat and cholesterol. The dust jacket for hard covers may not be included.

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The first day there I was examined by a doctor and given many lab tests. The majority of pages are undamaged with minimal creasing or tearing, minimal pencil underlining of text, no highlighting of text, no writing in margins. I had just had a health check-up and my cholesterol was elevated at 275.



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