

# 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: 9781559352741: Books**



Description: -

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

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Notes: Includes bibliographical references (p. [267]-293) and index. This edition was published in 1998



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It was a wonderful experience. Pages are intact and are not marred by notes or highlighting, but may contain a neat previous owner name.

**localize-ing.justmote.me: Customer reviews: The Pritikin Weight Loss Breakthrough: 5 Easy Steps to Outsmart Your Fat Instinct**

Those working with Pritikin SEE Lillian Gillman's works if you really are interested in saving your health, well-being and joy. I bought this book after my husband had to have a stent after an er trip to the hospital The hospital offers a cardiac rehab and parts are based on the Pritikin health views.

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As New in As New dust jacket. From dust jacket 2 weeks to change your life. In a study of 652 participants, 39% with Type 2 diabetes that were on insulin were able to leave the Pritikin Program free of insulin.

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Consider the food pyramid I witnessed drilled into my daughter's kindergarten brain back in the seventies. Includes 60 new recipes, suggestions for eating out, daily maintenance tips, more.

## Related Books

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