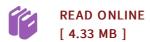




# **Protein Power**

By Michael R. Eades, Mary Dan Eades, Mary Deans

Bantam Doubleday Dell Publishing Group Inc, United States, 1998. Paperback. Book Condition: New. New edition. 173 x 117 mm. Language: English . Brand New Book. Based on cuttingedge research, this revolutionary, medically sound, deliciously satisfying plan has already helped thousands of patients lose weight and achieve other lifesaving health benefits, including lower cholesterol and blood pressure readings and an improvement or reversal of common disorders such as heart disease, adult-onset diabetes, and gout. Developed by Doctors Michael and Mary Dan Eades, the simple regimen calls for a new way of eating: a protein-rich, moderate-fat, low-carbohydrate diet that will have you feeling better and more energetic within a week, and correct blood sugar levels, high blood pressure, and elevated cholesterol within three weeks. Here, the Eades show you why their plan is so potent: how it works with your body s metabolic biochemistry; how it brings powerful metabolic hormones, including insulin, into balance; and why this balance is necessary to achieve permanent weight loss and free you from reliance on costly and dangerous medications to control blood pressure and cholesterol. Divided into two phases, one for those who need to lose 20 percent of their body weight or more, and the...



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Hodder Stoughton General Division, United Kingdom, 2011. Paperback. Book Condition: New. 196 x 130 mm. Language: English. Brand New Book. Every parent wants their child to achieve their full potential. Whatever your child s interest or inclination, from art to music,...



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Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. From a certified teacher and founder of an online tutoring website-a simple and effective guide for parents and students to...



#### The Turn of the Screw

Dover Publications Inc., United States, 2013. Paperback. Book Condition: New. Reprinted edition. 202 x 128 mm. Language: English. Brand New Book. For lucidity and compactness of style, James s short novels, or novelles, are shining examples of his genius. Few other...



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