



1 Thing Diet: It Doesn't Get Any Simpler. Straight-Forward Information That Can Change Your Life

By Mary Savoye-Desanti Rd CD-N Cde

Outskirts Press, United States, 2012. Paperback. Book Condition: New. 244 x 185 mm. Language: English . Brand New Book ***** Print on Demand *****.It doesn't get any simpler than this. A short, no-nonsense book guaranteed to help the person who has tried every diet book on the market. Throughout the world, our waistbands are getting wider and we are paying a dear price: poor health and quality of life. Because of the connection between obesity and diabetes, the number of people with diabetes is expected to double by 2030. Weight loss significantly decreases the risk of developing conditions such as diabetes, high blood pressure, and high cholesterol. Why can't people lose weight and avoid obesity-related health problems? Information about diet and exercise can be so confusing for people and the suggestions too laborious and unrealistic. The 1 Thing Diet, written by a leading authority in the fields of obesity and diabetes, embraces the reader through its simplicity and light-hearted style. The book strives to give the basics about nutrition, exercise, and behavior, while giving simple suggestions for making one lifestyle change in any of these areas. One lifestyle change truly can lead to weight loss and any amount...



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