



Fill Up to Slim Down: The Diet That Lets You Eat All the Foods You Love and Still Lose Weight

By Edward Dietrich, Jyl Steinback

Avery Publishing Group Inc., U.S., United States, 2006. Paperback. Book Condition: New. Reprint. 226 x 152 mm. Language: English . Brand New Book. Curb your cravings and satisfy your appetite with this filling diet. As every dieter knows, the element missing from nearly every weight-loss plan is the most important aspect of a successful diet-fullness. But true satiety is about eating foods that provide nutrients that aid in digestion, help nutrient absorption, boost your metabolism, keep your body healthy, and offer the taste and variety that will curb your cravings. Fill Up to Slim Down shows you how to satisfy your hunger on fewer calories by eating specific foods that can help you rein in your appetite. With this program, you'll never feel as if you are on a diet as you: - eat six times a day-three meals and three snacks! - burn excess body fat and control your appetite with moderate exercise - reduce stresses that cause you to overeat, raise your cholesterol, and contribute to weight gain - learn to make healthy choices about food for your body and your heart.



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