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Weight Loss Kit for Dummies

By Carol Ann Rinzier

John Wiley Sons Inc, United States, 2001. CD-ROM. Condition: New. Language: English . Brand New. Accounting for one out of every twenty consumer-dollars spent in America, the diet industry is booming like never before. There are water diets, low-fat diets, high-fat diets, low-carb diets, high-fiber diets, color-coded diets and fixed-menu diets. There are over-the-counter fat burners and prescription diet pills of every description and, lord knows, no end of gadgets, gimmicks and pseudoscientific mumbo jumbo designed to separate you from your hard-earned cash. So why are so many of us still so chubby? A sensible alternative to fad diets and miracle weight-loss gadgets, Weight Loss Kit For Dummies arms you with a healthy, no-nonsense approach to shedding unwanted pounds, and keeping them off, based on good nutrition and common sense, not marketing hype and bogus technologies. It also outfits you with an arsenal of charts, menus, shopping lists, and other tools that help you: Lose weight and keep it off Eat right 212;and like it! Stay motivated Boost your energy level Lower your risk of heart disease and diabetes You ll get a bead on how and why your body stores fat and the health consequences of having too much. You...



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