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Dr. Mickey on Atkins (Paperback)

By Miguel Mickey Suarez

AUTHORHOUSE, United States, 2007. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Lose Weight, Gain Better Health There are fat persons and there are thin persons. In America, there are millions of overweight people eating unhealthy foods (fats) and high glycemic index carbohydrates. They must read -- DR. MICKEY ON ATKINS THE MIAMI-DIET Americans gained excessive weight when fast food giants covered the States, and when white foods (bread, rice, potatoes, pasta, sugar) entered their lives. Because Americans weight has increased, the death rate has surged. The Miami-Diet solves the problem with its healthy trio-of-foods. You ll eat healthy foods (fishes, chicken, vegetables, fruits), drink your favorite wines (*red* and white), and consume extra virgin olive oil (generously). You will gain better health! This book is eclectic. It tells a true and successful story of The Miami-Diet and comments five diet books. It also refers to two other magnificent books. It is an encyclopedia of knowledge. It s all you need to walk in the maze of diets. The goal of this book is to teach millions of overweight persons how to lose weight and gain better health (longevity). The easy to follow regimen will...



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