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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 cutting-edge 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...

Reviews

It is an incredible book which i actually have ever go through. it had been writtern extremely completely and helpful. You can expect to like the way the blogger publish this book.

-- Prof. Jerad Lesch

Basicly no words to describe. It is filled with knowledge and wisdom I am just pleased to let you know that this is actually the greatest publication i have read within my individual lifestyle and may be he best publication for at any time.

-- Prof. Ron Gaylord II