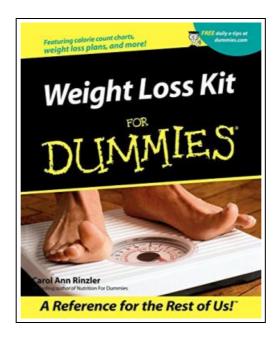
## Weight Loss Kit for Dummies



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This publication is amazing. This can be for all who statte that there had not been a worth reading through. I realized this publication from my i and dad encouraged this ebook to find out.

(Desmond Schuster II)

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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 II get a bead on how and why your body stores fat and the health consequences of having too much. You II discover what it really takes to shed those extra pounds and keep them off without compromising your health. And you II find out how to: Determine your ideal weight based on your age, sex and body type Find a weight loss strategy that s right for your body type Set up a weekly meal plan of foods that you enjoy Separate the truth from the hype when it comes to diet fads, pills, and gadgets Cook for others while sticking to a weight loss plan Alter eating patterns and bad behaviors for Design a calorie-burning workout routine that you...



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