



OUTSMARTING THE FEMALE FAT CELL: THE FIRST WEIGHT-CONTROL PROGRAM DESIGNED SP.

By -

Condition: New. Ships From Canada. New Book Description: In this national hardcover bestseller, a respected nutritionist offers the first weight-control program specifically designed around the make-up of womens fat cells, which are different from mens. Shocking new evidence reveals that dieting not only makes these cells multiply but makes them even more efficient at storing fat. In a clear, comprehensive way, Debra Waterhouse shows the effects of estrogen, oral contraceptives, pregnancy, menopause, and hormone replacement therapy on fat storage and how the female fat cell thrives on diets. --This text refers to an out of print or unavailable edition of this title. Ingram The first diet and nutrition book designed specifically for women introduces an effective weight-loss program for women of all ages and is designed to permanently ""deactivate"" the female fat cell. Lit Guild. Tour.



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