



Super Nutrition Fr Women (Rev) (Paperback)

By Ann Louise Gittleman

Bantam Doubleday Dell Publishing Group Inc, United States, 2004. Paperback. Condition: New. Revised edition. Language: English . Brand New Book. Winner of the Excellence in Medical Communications Award, SUPER NUTRITION FOR WOMEN is the first scientifically based nutrition program to take into account women s distinct body chemistry and dietary needs--and reveals the best way to incorporate them into any weight-loss or workout plan. This newly revised edition includes the latest nutritional studies and addresses the unique health and dietary concerns that women are facing today. Whether they re on a vegetarian or a meat-and-potatoes regimen, no matter what their age or lifestyle, SUPER NUTRITION FOR WOMEN will show readers: * How to evaluate which weight-loss plan is best for them--from low carb to low fat--and how to stay healthy and happy while shedding pounds * How to prevent and combat a variety of illnesses, including osteoporosis, breast cancer, heart disease, yeast infections, and allergies * Easy menus, recipes, and Super Female Foods--staples that should be on every woman s shopping list SUPER NUTRITION FOR WOMEN is a revolutionary program that works with today s popular diet and exercise plans--to help every woman look better, feel better, and live longer.



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Simply no words to spell out. It can be really fascinating through studying period of time. You will not really feel monotony at any moment of your own time (that's what catalogues are for concerning if you ask me).

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