



Physician s Slimming Guide: For Permanent Weight Control

By Neal D. Barnard

Book Publishing Company, United States, 1992. Paperback. Book Condition: New. 211 x 140 mm. Language: English . Brand New Book. Offering a different approach from standard diets, this book shows how to lose fat and keep it off, how to increase metabolic rate through food selection, choose foods that are nutritious and not calorie-dense, and introduces new methods to burn calories more effectively.



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Complete manual! Its such a great study. It really is writter in straightforward phrases rather than hard to understand. You are going to like the way the article writer create this publication.

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