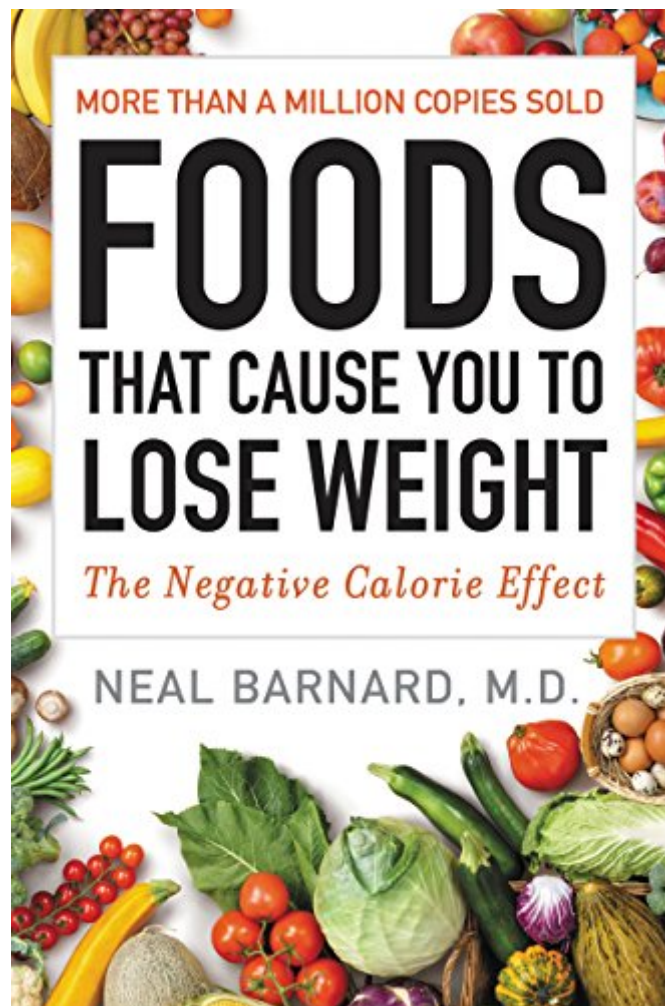


The book was found

Foods That Cause You To Lose Weight: The Negative Calorie Effect



Synopsis

More than one million copies sold! No more counting caloriesâdiscover the foods that take the weight off and keep it off with this revolutionary plan. Did you know that certain foods have an incredible negative calorie effect that actually melts fat? This revolutionary approach, outlined by Neal Barnard, M.D., and proven effective by thousands of men and women who have tried it, can bring about the permanent weight control every diet promises but seldom delivers. Find out how, by following the negative calorie plan, you can: Boost your metabolic rate Burn calories more effectively Lower dangerous cholesterol levels Enjoy better healthâand protect your heart Eat the delicious foods you loveâin the quantities you want Watch the pounds disappearâwithout stressful dieting or the temptation to binge Dr. Barnard also provides delicious negative calorie recipes that use foods most people already have in their home cupboards. Easy, effective, and satisfying, *Foods That Cause You to Lose Weight* will bring about the permanent weight control every diet promises but seldom delivers.

Book Information

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Customer Reviews

DELIVERED AS PROMISED

Well written, excellent advice from a supremely ethical author. No hype.

I have read several of Dr. Barnard books which all seem to confirm what I have experienced in my own life-"fat makes me fat." I know I feel much better when I limit fatty foods in my diet.

Useful information. I have lost a few pounds and this information helped.

Very interesting book. It took long to reach but finally got it. Very well condition. Thank you!

I liked some of the information ingot from this book. It's a pretty strict plan unless you are planning to become a vegetarian.

Great book to have when wanting to get healthy! Very informative and interesting. I am very pleased with this purchase, :)

ok most of the stuff I already knew

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