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The False Fat Diet: The Revolutionary 21-Day Program for Losing the Weight You Think Is Fat

By Elson Haas, Cameron Stauth

Random House USA Inc, United States, 2001. Paperback. Book Condition: New. Reprint. 165 x 104 mm. Language: English . Brand New Book. It s a fact: not all weight is really fat. Much of being overweight is caused by allergy-like food reactions. This quot;false fatquot; is easy to put on, but it can be hard to take off. Now you can do it--this week--with the revolutionary False Fat Diet. In just a few days, you can lose 5-10 pounds--and 10-20 pounds within two or three weeks. This healthy, practical 21-day nutritional program includes - Identifying which foods you react to--and replacing them with the right foods for your body chemistry - False Fat Week--the amazing 7-day period when your swelling and puffiness subside, as you lose ten pounds - The Balance Program--a personally customized diet that returns your metabolism to normal, and takes pounds off steadily as you reach your ideal weight - Delicious, easy-to-prepare, reaction-free recipes, created with popular, health-conscious chefs, that don t drastically cut calories the way other diets do This scientific, no-hunger, individualized regimen is the only diet that can work for everyone.



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