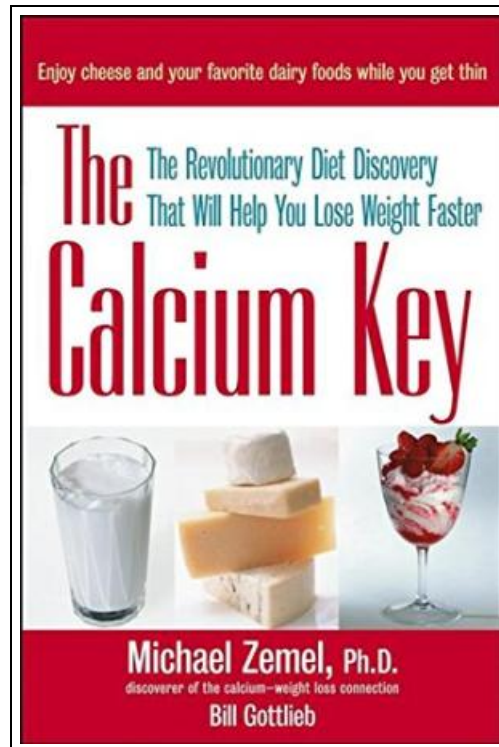


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Reviews

This publication will be worth purchasing. It really is written in simple terms instead of difficult to understand. It has been designed in an exceptionally simple way and is particularly only right after I finished reading this ebook in which basically modified me, alter the way I believe.

(Prof. Loyce Runolfsson Jr.)

THE CALCIUM KEY: THE REVOLUTIONARY DIET DISCOVERY THAT WILL HELP YOU LOSE WEIGHT FASTER (HARDBACK)



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John Wiley and Sons Ltd, United States, 2003. Hardback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.A breakthrough diet book from the discoverer of the calcium-weight loss connection--as seen on CNN and in Reader's Digest Many people cut back on or stop eating dairy products when they try to lose weight. That's a mistake. As Michael Zemel's pioneering, peer-reviewed clinical research has proved, consuming low-fat dairy products actually helps people lose weight--70 per cent more weight (and 64 per cent more fat) than calorie restriction alone. The key is calcium, which causes fat cells to produce less fat and helps the body break down existing fat. Now, in the year's most innovative diet book, Dr. Zemel translates his research into an amazingly effective weight-loss program. According to Dr. Zemel, consuming low-fat dairy foods--milk, yogurt, and cheese--is the easiest way to boost calcium intake, though he also discusses calcium supplements and other sources of calcium. Complete with tasty, nutritional low-fat menu plans that help people get the 1,200 to 1,600 milligrams of calcium they need daily to stimulate weight loss, *The Calcium Key* is just what people need to shed pounds fast and stay slim. Michael Zemel, Ph.D., is a Professor in the Departments of Nutrition and Medicine at the University of Tennessee and is the Director of the Nutrition Institute at the University. He has published more than 120 research papers in such prestigious journals as *The New England Journal of Medicine*, *Journal of the American College of Nutrition*, *Journal of Nutrition*, *International Journal of Obesity and Related Metabolic Disorders*, *American Journal of Physiology*, *Journal of Endocrinology*, *American Journal of Clinical Nutrition*, and many more. He discovered the calcium-obesity connection and has received a genetic patent on this area. He has...



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