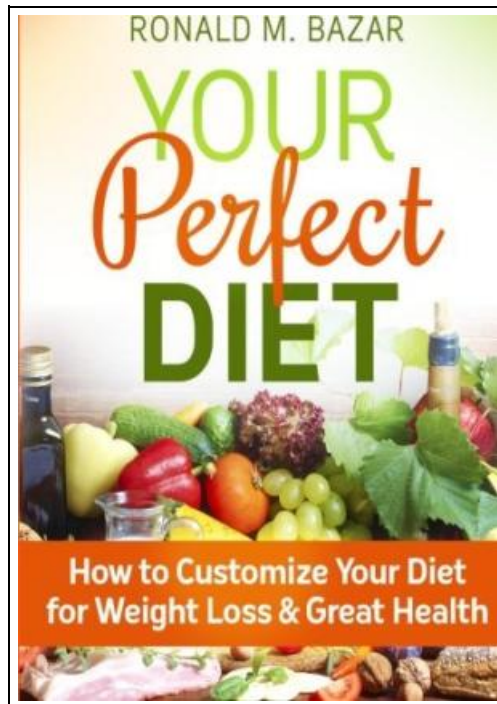


Your Perfect Diet: How to Customize Your Diet for Weight Loss and Great Health



Filesize: 4 MB

Reviews

This type of publication is every thing and helped me seeking ahead and much more. It usually fails to charge too much. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Juliet Mertz)

YOUR PERFECT DIET: HOW TO CUSTOMIZE YOUR DIET FOR WEIGHT LOSS AND GREAT HEALTH



CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 186 pages. Dimensions: 10.0in. x 7.0in. x 0.4in. How Can One Diet Suit Everyone When We Are All So Different It cant! That is the major downfall of the diet crazes and diet gurus. Your Perfect Diet shows you how those diets including the Paleo diet and the body type diet mislead and fail because they do not tend to your uniqueness nor solve your chronic health problems. This book then reveals how to customize your diet to create your perfect health diet. It is not a body type diet method at all. They just dont work for everyone. For most people, the problem with diets is that weight originally lost quickly comes back. But each time this happens, you feel worse and may gain even more weight than when you started. Nothing has changed your chronic weight or health condition. If you are reading these words, no doubt you have tried all kinds of diet and health plans, yet success has eluded you. In fact, over 90 of weight loss diets fail to produce results that last over the long term. Your head could swim from all the conflicting health information and diet recommendations, the super slick healthy food ads and health marketing materials for the latest miracle supplement you must have, and from the doctors and diet gurus who have the answer for you. What Can I Eat Stop red meat and dairy Eat soy instead Is healthy margarine better than butter Low fat diet best Or is high protein better Carbs or not Eggs OK Coffee Paleo diet for me And many more conflicting answers from the experts. How in the world are we to make sense of such eminent claims and scientific...



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