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Never Be Fat Again: The 6-Week Cellular Solution to Permanently Break the Fat Cycle



Par Raymond Francis, Michele King
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: #841226 dans eBooksPubli le: 2010-01-
01Sorti le: 2010-01-01Format: Ebook
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RAYMOND FRANCIS, D.Sc.
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Description :

Prsentation de l'diteurFight Fat at Its True Source . . . Your Cells. An M.I.T.-Trained Scientist Explains the ONE Secret You Need to Know to Lose Weight and Keep It Off. Raymond Francis is the scientist people turn to when diets don't work. His groundbreaking approach treats excess weight for what it reall y is--a disease caused by malfunctioning cells. As Francis explains, many of the foods we eat every day, especially the 'health' and 'diet' ones we dutifully buy to lose weight, have the opposite effect . Full of hidden toxins and lacking nutrients, they actually poison your cells and alter your weight-control genes, causing your body

to put on the pounds. Like he's done for thousands of other people, Raymond Francis can help you turn this fat cycle around and reclaim your waistline--and your health. His simple yet scientifically supported plan will have you looking and feeling better than you have in years-- in just six weeks. You'll discover: Which low-fat and no-fat products actually make you fatter How one missing nutrient can signal your body to store fat Which food additives are most toxic--and how to spot them on a label The 'Big 4' worst foods to eat--with delicious and nutritious alternatives How to sneak more fiber- and nutrient-rich foods into your day Plus, delicious recipes for meals and snacks and week-by-week to-do lists to keep you on track Your body already knows how to regulate its weight--you just need to give it a fighting chance. Now you can--for life.

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