

Eat Drink Weigh Less

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the phenomenal 1 new york times bestselling diet and lifestyle guide now revised and fully updated for a new century you really can eat more and weigh less if you know what to eat as this groundbreaking book clearly shows it s not just how much you eat it s primarily what you eat most diets rely on small portion sizes to reduce calories sufficiently you feel hungry and deprived dr ornish s program takes a new approach abundance rather than hunger and deprivation if you change the type of food you don t have to be as concerned about the amount of food you can eat whenever you re hungry eat more food and still lose weight and keep it off simply safely easily in this book you ll find 250 gourmet recipes from the country s most celebrated chefs unlike high protein diets that mortgage your well being dr

Ornish's diet and lifestyle program is scientifically proven to help you lose weight and gain health. People not only keep off the weight but they also lower their cholesterol and reduce their chances for getting heart disease and such other illnesses as breast, prostate, and colon cancer, diabetes, osteoporosis, and hypertension. Dr. Ornish's program has given millions of people new hope and new choices. Dr. Dean Ornish could inspire even the most pessimistic dieter to action. He is so sensible and offers so much understanding, humor, warmth, and reassurance that the barriers to making a commitment to a healthier lifestyle just disappear. Marion Nestle, professor and chair, Department of Nutrition, New York University.

Finally, a realistic and practical approach to weight loss. Author Karen Hobbs has developed a nutritious and delicious 21-day menu plan that will appeal to readers who are fed up with fad diets.

Describes the history of alcohol, its effects on the body and personality, how to deal with peer pressure to drink, and how to get help for alcoholism.

Let Dr. Lou Aronne help you achieve your goal of a longer, more vital life. His easy-to-follow diet and exercise plan shows you how to reach your healthiest possible weight based on your lifestyle, heredity, and metabolism. Discover the exact number of calories you need to lose weight, look great, feel more energetic, and be at the peak of health. Make your dream of permanent weight control a life-saving reality. Complete menu plans for healthful meals, easy appetizing recipes, plans for managing stress, fat, and calorie-burning exercises. If you want to weigh less and live longer, this is the book to have. Robin Leach, next to having Dr. Lou Aronne as your personal physician, *Weigh Less, Live Longer* is the best option for weight loss and good health. Erica Jong: Dr. Lou Aronne succeeded in helping me and many notable friends to lose weight and live more healthful lives. Not only do I look and feel better, he made it easy. Preston Robert Tisch, co-chairman of the board and co-chief executive officer, Loews Corporation: Dr. Aronne is without question a fine doctor, a wonderful man, and always generous with tongue. Depressors: David Letterman.

From the dream team of Dr. Walter C. Willett, bestselling author of *Eat, Drink, and Be Healthy*, and Mollie Katzen, author of the four million copy bestselling *Moosewood Cookbook*, comes a new approach to weight loss. *Eat, Drink, and Weigh Less* offers a medically sound, extremely effective program that shows people how they can lose weight by adding delicious food to their diet and making simple changes in what

they eat throughout the day it s flexible and adaptable and it really works it features a powerful way to chart your progress called the body score the more you raise your body score the more you will lower your weight a quiz at the beginning of the book helps readers determine their body score the chapters that follow explain easy dietary and behavioral steps readers can take to improve their scores while the concept is simple the science behind it is not it represents years of top research conducted by dr walter c willett the head of harvard school of public health s department of nutrition including the famous nurses health study this study scored each of its over 84 000 participants on food choices exercise schedule and body mass resulting in a number that accurately determined the nurses risk of heart disease now for the first time dr willett has teamed up with mega bestselling cookbook author mollie katzen to adapt a similar much easier scoring system to create a user friendly diet plan with fail safe results if you can raise your score you will lower your weight all while eating delicious easy to prepare foods

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