

The New Hilton Head Metabolism Diet Miller Peter M

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despite an increasing interest in health a growing number of people in this country are overweight in this updated edition dr miller incorporates the newest scientific findings to teach readers how to lose weight permanently includes all new menu plans based on new foods and new research

a new approach to permanent weight loss and weight control stresses the body's ability to burn energy faster by naturally increasing one's metabolic rate and includes a detailed three week dietary and exercise plan

from the bestselling author of the hilton head metabolism diet comes the only complete diet system that addresses the special problems of age related weight gain and helps everyone over 35 beat the fat trap for good

using the theory that slim people burn off fat more readily than the obese dr peter miller provides a satisfying diet and simple exercise program for maintaining ideal weight

combines new research and recipes in a weight loss plan that explains how to change body chemistry for natural weight loss end cravings and bingeing obtain fitness easily and enjoy favorite foods original

the founder of the famous hilton head health institute and author of the hilton head metabolism diet the 1 bestselling diet book of 1989 people magazine delivers a program aimed at the 25 of all children and teens who are overweight dr miller s three pronged approach behavior modification exercise and diet promotes optimum health habits

presents extended reviews of noteworthy books short reviews essays and articles on topics and trends in publishing literature culture and the arts includes lists of best sellers hardcover and paperback

a complete weight loss program geared to women and men over thirty five provides a complex carbohydrate based plan that induces a younger metabolic rate and a course of low impact exercise

from the bestselling author of the hilton head metabolism diet comes the only complete diet system that addresses the special problems of age related weight gain and helps everyone over 35 beat the fat trap for good

the successful woman s guide to breaking her unique pattern of food abuse through a revolutionary 12 day program jacket subtitle

this ultimate vacation guide is the perfect source of inspiration featuring over 200 life changing destinations that go beyond routine vacations including holistic spiritual healing health promoting self improvement and learning vacations

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