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FAT AMERICA: CHANGE YOUR LIFESTYLE (PAPERBACK)



iUniverse, United States, 2008. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Fat America offers valuable insight collected from Dr. Alan Tooshi's years of extensive experience teaching Americans how to control their eating habits. You will learn techniques for weight management, make better dietary choices, and implement an exercise program that effectively manages stress and promotes long-term health. For over thirty years, Dr. Alan Tooshi has specialized in prescribing individual low-fat, high-fiber diets...

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- Authored by Alan M Tooshi
- Released at 2008



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