

## 100 Best Weight-Loss Tips



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***(Ashton Kassulke)***

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Jaico Publishing House, Delhi, India. Softcover. Book Condition: New. Dr. Stutmans new book, 100 Best Weight-Loss Tips, features a series of effective weight-loss strategies that promote healthy eating habits and an easy, safe, permanent weight-loss system. Dr. Stutman also shows how low carbohydrate diets are extremely dangerous to your health and how these diets invariably lead to rebound weight gain once they are stopped. 100 Best Weight-Loss Tips gives you the necessary building blocks to lose weight quickly, stay fit and firm, and live a longer, healthier life. Fred A. Stutman, M.D. has done extensive research in the fields of exercise physiology, diet, and nutrition at the U.S. Naval Air Development Center and in his private medical practice. Dr. Stutman is the author of eight books on diet, nutrition, and exercise. Printed Pages: 308.



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