

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 inlcudes all new menu plans based on new foods and new research

addressing the special problems of age related weight gain this guide to developing a younger metabolic rate includes an easy to follow nutrition plan and slimming recipes

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

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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

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