



## No Time for Diets

By L Raynes MS Rdn Cde

AUTHORHOUSE, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Obesity is the greatest single preventable cause of death in the United States.yet 69 of Americans overweight, and 35 of Americans are obese. Three hundred and sixteen million people in the United States, watch television, movies, and ads proclaim that thin is in. But nutrition education isn t one of the three R s. So, health conscious, overweight Americans listen to any and all advice, no matter whether incomplete or totally erroneous, on how to make molehills out of their mountains. In fact, over 30,000 methods of weight control contribute to the multi-billion dollar diet industry. Sadly, however, over half of these methods are backed by nutrition fraud, misinformation, and fad diets. This book on weight control provides a safe solution to the dilemma and it works! It s time for you to do something for the health of it! Here, at last is an answer, flexible enough to work into any lifestyle, no matter how hectic. It will enable you to live a healthier life, and become the weight you want to be forever. No Time for...



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