

The Millennium Diet

**THE PRACTICAL GUIDE FOR RAPID
WEIGHT LOSS**



The Millenium Diet, the Practical Guide for Rapid Weight Loss, M. D. Mark Davis, Mark Davis, 2008, 0615209726, 9780615209722, 124 pages. Market: General Trade ages 16 to 65 plus List Price: 14.95 Discount: 40% Returnable 100% Book Description: The Millenium Diet, The Practical Guide For Rapid Weight Loss is the only book currently on the market devoted to accelerated weight reduction. Physician formulated and utilized by thousands of dieters this program has consistently achieved weight loss in the range of 4 to 8 pounds per week. When studying the diet histories of several thousand patients certain common factor emerged concerning their eating habits. Specific foods and food groups were noted to cause most of their weight gain. By reducing or eliminating these foods rapid weight loss occurred. The plan is safe, effective and adaptable to most lifestyles. There are no recipes to follow nor special foods to purchase. Its ease of use and excellent outcomes makes this a diet that can help millions of people who have not done well on other programs. This is the book the large publishers would rather you never see because its nutrition information is cutting edge and competes very well against their repertoire of antiquated diets which they still publish. Consider the Millenium Diet for your bookshelf you won't be disappointed..

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Setting Boundaries with Food Six Steps to Lose Weight, Gain Freedom, and Take Back Your Life, Allison Bottke, Aug 1, 2012, Health & Fitness, 224 pages. For the fourth book in her popular Setting Boundaries series, Allison Bottke turns to our relationship with food, and a problem that affects more than 200 million Americans (68

How to Lose Weight and Gain Money A Program for Putting Your Life in Order, Vivien Singer Schapera, Drew A. Logan, Mar 1, 2004, Business & Economics, 185 pages. What do banking and weight loss have in common? They aren't the same thing, but they are related. Just look at the national news to confirm this insight. Newspapers are

Weight reduction and its maintenance a comparison of group behavioral treatment and individual behavioral treatments, Mary Ann Christ, 1975, Health & Fitness, 388 pages. .

5 Keys to Sensible Weight Loss , Paul C. Reisser, Mar 1, 2006, , 94 pages. These pocket guides from Focus on the Family (5 Keys to Sensible Weight Loss, Overcoming Fatigue, and 7 Steps to Healthy Eating) cover such topics as the role of exercise in

Refuse to Diet: Weight Loss Success Starts with Your Mind...Not Your Mouth , , 2010, Health & Fitness, 190 pages. Laurie Tossy reveals the truth about why a country obsessed with dieting is so overweight. Having gone on her first diet at age 11 and now almost 40 years later having dropped

The Average Joe's Diet Complete Weight Loss Program For The Average Joe Plus Weight Loss Dining Guide To 56 Of America's Top Restaurants, Hans Bengyel, 2004, Health & Fitness, 208 pages. "The Average Joe's Diet," is a complete weight loss program. It includes 49 different meal plans, a no-nonsense exercise program, shopping guidelines, and a dining guide to 56

A Review of Effective Weight Loss And/or Weight Gain Prevention for Disadvantaged Populations , Judith S. MacAlpine, 2009, , 29 pages. Methods. Inclusion criteria were established. Descriptions of characteristics of the reviewed study interventions are included..

The Thin in 10 Weight-loss Plan Transform Your Body (and Life!) in Minutes a Day, Jessica Smith, Liz Neporent, 2012, Health & Fitness, 212 pages. Best-selling exercise DVD star and certified fitness and lifestyle expert Jessica Smith along with award-winning health and fitness writer Liz Neporent, break down the way to

Win the Battle My Journey to Healthy Living, Jennifer L. Smyth, 2008, Biography & Autobiography, 225 pages. In her personal account, Win the Battle: My Journey to Healthy Living, author Jennifer L. Smyth reveals her personal struggle to be thin. Readers will follow Smyth through her

These Hips Are Mine A Weight-Loss Companion Guide, Ann King, Aug 30, 2005, Health & Fitness, 167 pages. Reveals how to reach your weight-loss success while avoiding trendy diets and get-thin-quick plans. Simple and sensible ways to change your life, weight and overall health are

The Thefts of the Mona Lisa , Noah Charney, Aug 4, 2011, , 162 pages. .

The Secret to Skinny How Salt Makes You Fat, and the 4-Week Plan to Drop a Size and Get Healthier with Simple Low-Sodium Swaps, Tammy Lakatos Shames, Lyssie Lakatos, 2009, Health & Fitness, 296 pages. Present a salt-slashing diet plan built around key foods that help the body excrete salt and burn fat more efficiently while decreasing the risk of stroke, heart disease, and

Eat Smart, Eat Often, Eat Small , Gino A. Spada, 2012, Health & Fitness, 120 pages. This is a very basic, easy to read and understand book that teaches the reader how all human beings are meant to eat. Following the three simple rules outlined in this book

