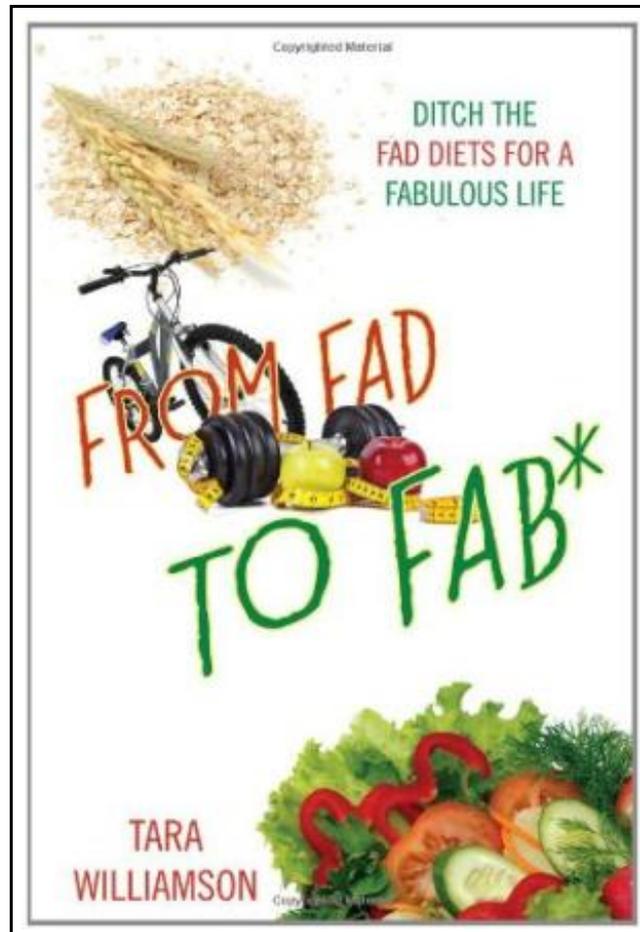


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Outskirts Press, United States, 2011. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Are you or some of your loved ones part of the two-thirds of American adults who are overweight or obese? Do you simply want to shed a few pounds? This book will show you how to lose weight, look younger and feel better, sooner than you might think. But, it holds no secrets, only simple scientifically proven methods. So, why isn't everyone in great shape? Because most people believe the myths, no downright lies, told by the more than \$70 billion dollar diet and over \$5 billion dollar exercise industries. They sell expensive magic potions and special devices or convoluted programs with big shot celebrity, airhead not expert, endorsements that promise results with little or no effort. The truth is that with very little money, and only modest effort, but plenty of knowledge, you can become healthy and fit and remain that way for life. In this book, I use the knowledge I gained earning a Bachelor's in dietetics from Colorado State University, one of the top-ranking schools in the country, as well as my work experience from over a decade in human services including health care facilities, a weight loss center, and finally my own highly successful health and wellness consulting business, to guide you through debunking all the diet myths out there. This book will help you learn what can happen if you refuse to change and show you the major things you may be doing to cause potentially permanent damage to your body. It will enable you to see how through diet, in the realistic healthy sense, physical activity or exercise, and a few basic supplements, coupled with a holistic approach, you...



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