



DOWNLOAD



The Carbohydrate Addict's Diet: The Lifelong Solution to Yoyo Dieting (Paperback)

By Dr Rachael F Heller, Dr Richard F Heller

Penguin Putnam Inc, United States, 2000. Paperback. Book Condition: New. 170 x 104 mm. Language: English . Brand New Book. * After eating a full breakfast, are you hungrier before it's time for lunch, than you would be if you only had time for a cup of coffee? * Do you have a hard time stopping once you start to eat bread, pasta, or sweets? * Do you have a tendency to gain weight easily, or if you lose weight, to gain it back again? If you answered yes to one or more of these questions, you may not be experiencing a lack of willpower but rather a physical addiction to carbohydrates--a compelling or recurring craving for starches, snack foods, or sweets. Now, Drs. Richard and Rachael Heller of the Mount Sinai School of Medicine in New York have discovered a revolutionary new diet that eliminates the cravings and helps you to overcome the yo-yo syndrome--permanently--without deprivation. based on the Hellers nine years of research, thousands of case studies, and their own personal victories over cravings and weight (maintaining a 200 pound loss between them!), this healthful, unique diet features a pleasurable way that adapts to your lifestyle and...



READ ONLINE
[2.58 MB]

Reviews

Most of these publication is the perfect ebook accessible. It is amongst the most awesome publication i have got read through. You wont truly feel monotony at whenever you want of the time (that's what catalogs are for regarding in the event you request me).

-- Prof. Edgar Kshlerin

It is easy in study safer to comprehend. It can be writter in basic phrases and never confusing. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Emmitt Harber