

THE DOCTORS' CLINIC-30 PROGRAM

A HEALTHY AND EXCITING WEIGHT-LOSS PROGRAM
THAT ALLOWS YOU TO EAT
PLUNTY OF NUTRITIOUS FOOD...
WITHOUT THE FRUSTRATION OF DIETING



FOURTH EDITION

J.T. Cooper, M.D., M.P.H.
Eddie Fatakhov, M.D., M.B.A.
Sharon M. Cooper, R.N., M.S.N.

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The Doctors Clinic 30 Program

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scientists are discovering about nutrition while also offering sustainable advice for keeping fit The second edition of Encyclopedia of Diet Fads includes many updated expanded and completely new entries as well as the latest information on diets and reviews many popular diet trends like the Atkins Diet the Zone Diet Weight Watchers and Medifast The book is organized by alphabetical entries regarding nutrition exercise and famous and infamous diet promoters Readers can learn more about an area that interests them through cross referenced sections and a prolific list of additional resources A selection of appendixes contains practical information such as how to evaluate diets and recipes

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