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The Perfect 10 Diet: 10 Key Hormones That Hold the Secret to Losing Weight Feeling Great--Fast

By Michael Aziz

Cumberland House Publishing. Paperback. Book Condition: New. Paperback. 464 pages. Dimensions: 8.7in. x 5.6in. x 1.1in. Lose up to 14 Lbs in 21 days! The Breakthrough Diet That Gets Real-Life Results Fast Frustrated by trendy low-fat, low-carb diets that leave you feeling hungry without losing or keeping off any weight Its not your fault! The latest medical research shows that balanced hormones are the key to weight loss. In fact, those hard-to-maintain diet fads wreak havoc on your hormones, which is why the weight comes back the moment you stop. Dr. Michael Aziz is board-certified in internal medicine and knows that the ultimate key to good health is a diet that can be maintained in the real world. In The Perfect 10 Diet, he shares his revolutionary discovery: how to create the perfect balance between the 10 key hormones that control health and weight, so that you can finally: Melt away the pounds without going hungry Revitalize your health Reverse the aging process and look younger at any age Featuring over 70 delicious, heart-healthy and easy-to-follow recipes for the foods you crave (like Garlic-Cheese Stuffed Mushrooms and Pistachio Dark Chocolate) but never thought you could have, this book will teach you how...



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