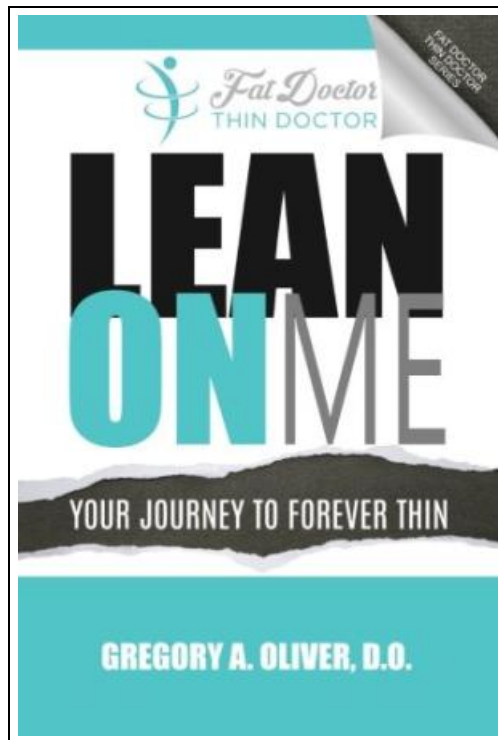


Lean on Me: Your Journey to Forever Thin (Paperback)



Filesize: 3.31 MB

Reviews

This book is definitely not effortless to start on reading through but extremely fun to learn. Better then never, though i am quite late in start reading this one. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Aliya Franecki)

LEAN ON ME: YOUR JOURNEY TO FOREVER THIN (PAPERBACK)



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Fast Clinical Weight Loss, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.One of the initial books in the Fat Doctor / Thin Doctor Series, Lean On Me details the education and subsequent action of a Family Physician, who became fat and learned what was necessary to lose the weight and keep it off. His personal discoveries on why it is so difficult for so many people to lose weight and keep it off lead to the development of a Weight Loss and Weight Management Clinic that has helped thousands of patients to get lean and healthy. This book outlines the multiple factors that cause obesity and the multiple actions and treatments required to put the disease of obesity into remission. People tend to treat obesity and overweight like they treat an infection. When they don't feel bad, no treatment is needed. When they become infected they get aggressive with any means necessary to resolve the illness. With weight loss, people do the same thing. Until the scales show dramatic weight problems or the mirror shows a body out of control, no action is taken. When the realization occurs that a person is fat, action is taken; but, only until reaching a comfortable weight. Then the old habits and patterns return causing the weight to accumulate again. Learning the genetic, biochemical, hormonal, psychological, and environmental factors that are unique to each person is needed to fight this disorder. To reach a goal weight and keep it requires work and a massive attack on the root causes of the disease. Only with a focused and immersive plan directed at combating the fat, will lifetime achievement of health be obtained. This book shows how to get the disease into remission (your optimal weight) and...



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